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Your essential daily news | MONDAY, FEBRUARY 27, 2017

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EDMONTON HEROES

Streetworks manager Marliiss
Taylor. KEVIN TUONG/FOR METRO



On the front lines

Streetworks battles daily to help people
who suffer from opioid addiction

metroNEWS

University, team confirm mumps

HEALTH

Students, Medicine Hat Tigers players among new cases



**Alex
Boyd**
Metro | Edmonton

Edmonton business students and minor hockey league players from Medicine Hat are among the confirmed cases of mumps popping up across the country.

Officials at the University of Alberta confirmed four of its business students have been infected on Friday.

Kevin Friese, assistant dean of students, health and wellness, reminded students to check their immunization status and take precautions, like washing their hands and not sharing utensils.

"We know that mumps is most often spread through infected saliva," he said. "Within the university community there is a lot of saliva exchange and sharing of bottles and cups and stuff like that, the potential is always there for infection."

Elsewhere in Alberta, officials said a

number of cases have been identified in the Medicine Hat and Lethbridge areas.

The Medicine Hat Tigers of the Western Hockey League have confirmed about half a dozen players and a coach have been infected. The team has taken steps to prevent the spread since a player started showing symptoms two weeks ago.

The team played against the Edmonton Oil Kings in Edmonton twice over the past four weeks, but no one from the Oil Kings has contracted the illness.

Alberta Health Services spokesperson Kerry Williamson said the situation over the weekend was stable.

"There's been no change in the numbers," said Williamson on Sunday when asked for an update.

Alberta Health Services says the virus is easily spread in crowded environments.

"There are a number of ways it can be spread," says Dr. Chris Sikora with AHS. "One of the ways is through contact, if we touch infected items and then touch our mouth, nose and mouth, we can contract the illness, just like influenza."

"We're reminding people to know their immunization status and to take those extra precautions."

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This should be Black Future Month

Now that Alberta has officially recognized Black History Month, advocate Bashir Mohamed says the next step is real policy changes.

MATT KIELTYKA METRO EDMONTON

Advocates are calling on Alberta to take meaningful next steps now that the province has officially celebrated its first Black History Month.

Edmonton organizer Bashir Mohamed said the energy at the legislature building earlier this month, when the province recognized Black History Month for the first time, was unlike anything he's ever seen before.

Official events at the legislature and Edmonton city hall were followed by community events throughout the city – some that Mohamed helped put together – that helped celebrate the country's third-largest African and Caribbean community and shed a light on its long history in Alberta.

Mohamed said, overall, the month was a success but the real work lies ahead.

"A majority of the actions (for Black History Month) have been symbolic but we're hoping for more structural change," Mohamed told Metro. "There is still more work to be done. Specifically, with Black Lives Matter, changes to police policies regarding street checks and carding. And once (the province) includes black history within the curriculum so it's not just something that happens only once a year, but something that Albertans are aware of after they go through our education system."



Black History Month organizer Bashir Mohamed is calling for more this month to be more than a symbolic gesture. METRO FILE

Mohamed said exposing students to black history would help them realize learn how long the community has been in Alberta and also "understand why we still have issues

of racism and discrimination within our city."

There's been little in the way of reconciliation from government in acknowledging past wrongs, he said.

Edmonton-Centre MLA David Shepherd said that, following the success of Black History Month, he remains committed "to taking real action to support the African and Carib-

bean communities in Alberta."

He said he's "very supportive" of adding more black history to the province's school curriculum, which is currently under review by his New Demo-

cratic Party government.

"We've committed to doing that for the Indigenous people of Alberta, to include more of their history and more context so people can understand the systemic issues of that community," said Shepherd, "and that's something I support for the African community. Some academics had the opportunity to present, as part of the curriculum review, suggestions for including more of Alberta's black history and I think the minister has indicated he's open to considering it."

Shepherd, who played a key role in having government acknowledge Black History Month, said he's also met with elder, youth and business leaders in the community this year to talk about issues and accessing government supports.

In the meantime, Shepherd is already looking forward to next year.

"Being able to showcase more black voices and artists in the province would be fantastic," he said.



We're hoping for more structural change.

Bashir Mohamed

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EDMONTON HEROES Ordinary people doing extraordinary things

Bright spot amid daily tragedy

POVERTY

Marliss Taylor helps the vulnerable on city's streets



Kevin Maimann
Metro | Edmonton

It's Marliss Taylor's job to form meaningful bonds with people in need on Edmonton's streets.

In the midst of an opioid crisis, that means dealing with almost daily tragedies.

"We know lots of people that pass away. Last week I knew two. And so it tears your heart out," said Taylor, Streetworks program manager at Boyle Street.

"There are times when I feel incredible sadness, and there's times when I feel incredible anger, and there are times where I just kind of feel numb."

Surrounded by tragedy, the workers have little in the way of formal supports for their own mental health.

"We've got an amazing team here, and so I think we rely on each other a lot. We keep checking in with each other," Taylor said. "If someone has lost someone they were particularly close to, then we do whatever we can to be supportive for that person."

Taylor has been with Streetworks since 1995, when its chief goal was to fight the spread of HIV. In 2005, the program became the first in Canada to equip workers with naloxone kits to save people from dying of overdoses.

And in the past five years, since Oxycontin disappeared, opioid overdoses have continued to climb.

"Once the prescription medi-



Marliss Taylor and her team have several balls in the air aside from the needle exchange program that's central to Streetworks. KEVIN TUONG/FOR METRO

cation went away, then we saw heroin and fentanyl pour into this city within a week or two. And as you know, that has turned into this nightmare that we're living with right now," Taylor said.

Taylor and her team have several balls in the air aside from the needle exchange program that's central to Streetworks.

They meet with government committees, connect youth with accurate drug information, give drug users a voice in policy-making, and teach university students about harm reduction and how to be effective rather than authoritarian.

Streetworks is also finding solutions in Alberta's broken child welfare system. The HER pregnancy program connects street-involved pregnant women with supports to help them be successful parents.

"Children's Services figures that, for the women that we see, 95 to 100 per cent of them probably would have had their infants apprehended. Right now, about 58 per cent of our moms are successfully parenting, which is brilliant," Taylor said.

"We're trying to break that cycle of foster care and all

those other things that are really hard on a community."

HER is a much-needed bright spot for Taylor and her co-workers – Taylor said she loves having babies and toddlers running around amid the "controlled chaos" of her job. She also feels "great joy" when someone is saved by naloxone.

And while the problems that plague Edmonton's homeless population are not going away, Taylor said public sentiment toward programs like Streetworks is changing as more people begin to grasp the importance of harm reduction.

Nominate your hero

Edmonton Heroes celebrates individuals who are building the city by bringing the right people together to make something bigger than

they could on their own. Do you know someone who should be recognized? Get in touch with us via edmontonletters@metronews.ca.

"When I started a gazillion years ago, harm reduction was hardly spoken of. Needle exchange was under intense scrutiny," Taylor said.

"What I have noticed is cer-

tainly a softening, but also a greater understanding – and now especially with the overdose deaths, a lot more vocal support around trying to do things differently."



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Kids 'need to be empowered'

EDUCATION

Catholic trustee says sex ed needs to change



Kevin Maimann
Metro | Edmonton

An Edmonton Catholic School Board trustee says it's time to overhaul Alberta's sexual education curriculum.

Marilyn Bergstra said data showing sexually transmitted infections like gonorrhea and syphilis are at outbreak levels for the second straight year in Alberta signal a need for change.

She plans to bring forward a motion in the coming weeks to lobby the provincial government to "beef up" sex ed as part of its ongoing curriculum rewrite.

"There's only one way to tackle it. People need to be informed," Bergstra told Metro.

"(Students) have to know they protect themselves down



An Edmonton Catholic School Board trustee says Alberta's sexual education curriculum needs an overhaul. METRO FILE

the road. And unfortunately we don't get to dictate what diseases are spreading. Sometimes those diseases might be controversial, but I feel that as somebody who's very pas-

sionate about public health, I can't ignore what I see happening out there."

Bergstra is looking for greater consistency in how sex ed is taught across Al-

berta.

Edmonton schools have been criticized for offering abstinence-only sex ed, and Edmonton public is taking steps to change that. Earlier

this week, the district teamed with the Sexual Health Educators Collective of Edmonton to deliver a session for teachers and university students that included issues like consent



Sometimes those diseases might be controversial, but ... I can't ignore what I see happening out there.

Marilyn Bergstra

and gender diversity.

But that message could be a tough sell with the Catholic board, which has argued at length over sexual and gender identity policies in recent years.

"I'm not looking to create controversy. I'm hoping we can deliver the facts and be very rational and logical in how we move forward on this," Bergstra said.

"I'm not suggesting or trying to promote promiscuity, I'm not doing that at all. But I'm also wanting to be realistic. And when kids are sexually active, they need to be empowered and know what measures they can take to help protect themselves."

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SALARIES

Alberta cutting pay, perks for highest-earning executives

The Alberta government is cutting the pay of the highest-earning executives at 23 agencies, boards and commissions.

Finance Minister Joe Ceci says the province is also eliminating bonus payments and market modifiers as well as capping severance pay to one year, for an estimated savings of \$16 million a year.

Perks such as signing bonuses, golf club memberships and housing allowances are also being dropped.

A new salary band will be in place to keep pay in line in years to come.

Ceci said the government is acting in an area where the previous Progressive Conservative government failed.

"They failed to act when bonuses, perks and benefits got way out of line," Ceci said Friday. "Those days of standing by are over."

"Our government is committed to ensuring that the compensation of public servants working in agencies are held to the same standard as the civil service."

Ceci said he is not focused on whether the reduced salaries will affect Alberta's ability to draw top talent to the executive suite.

"The benchmarks show that they're being fairly compen-

sated," he said.

Ceci promised to rein in salaries after public disclosures last year revealed high payouts, including almost \$900,000 a year to Guy Kerr, the head of the Workers' Compensation Board.

The new base salaries range from \$154,000 to just under \$397,000 and will be phased in over the next two years.

270

The new rules affect 270 executives and management employees in the 23 agencies and begin on March 16. About half will see their pay reduced.

The changes will apply to new hires and when current contracts come up for renewal.

For those with contracts not coming up for renewal within two years, such as Kerr, it will automatically kick in on March 16, 2019.

Kerr will then make \$396,720.

Kerr could not be immediately reached for comment, but Ben Dille, a spokesman for the WCB said, "I know he (Kerr) is

incredibly committed to the organization, and that's the most important thing for him, and that won't change as a result of this."

Friday's announcement is part of a broader three-part review and restructuring of 301 agencies boards and commissions that began in 2015.

The first phase examined more than 130 agencies directly reporting to the province. As a result of that review, 26 agencies were consolidated or dissolved last year, saving an estimated \$33 million over three years.

The second phase is now looking at boards that have representation from the government.

Salaries in post-secondary institutions are expected to start in the fall, and those also have big numbers.

Financial statements from last year indicated that University of Calgary president Elizabeth Cannon received \$895,000 in the fiscal year ending March 2015, while former University of Alberta president Indira Samarasekera received \$980,000.

A salary freeze has been in place for almost a year for all management and non-union employees on agencies, boards and commissions.

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Fort Mac fire chief retiring

ACHIEVEMENT

Darby Allen has no regrets in handling of the wildfire

The fire chief who offered regular updates to Canadians during last May's enormous wildfire in Fort McMurray, Alta., has officially retired.

Darby Allen celebrated his retirement by having cake with colleagues on Thursday.

Allen says he and his wife are moving to Vancouver to enjoy the ocean and milder winters, and he plans to spend some time on the speech circuit.

Mayor Melissa Blake says Allen will be missed, adding that he was not just a heroic firefighter but also a soccer coach and philanthropist in the community.

Allen says his priorities during the 80,000-person evacuation

last May were to "save lives, save lives, save lives" and says the first responders in the area did just that.

Some 2,400 structures were damaged or destroyed by the blaze.

"When first light came on the fourth (of May), I was worried we might see lots of vehicles still on the road burning with people," Allen says.

While it could have been far worse, Allen admits the fire left him emotionally scarred.

"I've gone to speak to professionals about how I'm feeling," Allen says. "We did well, but as a firefighter we still feel guilty about what was lost."

Allen became the national face of the disaster with his regu-

lar social media updates on the wildfire, which he dubbed "the beast" for its ferocity and unpredictability.

In voting for The Canadian Press Newsmaker of the Year in 2016, Darby tied for third with four-time Olympic medallist Penny Oleksiak. The pair came behind the winner, Tragically Hip frontman Gord Downie, and Prime Minister Justin Trudeau in second.

Allen says he's not sure he will feel ready to return to Fort McMurray for the one-year anniversary of the fire in May.

At the same time, he says he's pleased with what he achieved during his career.

"I have no regrets."

THE CANADIAN PRESS

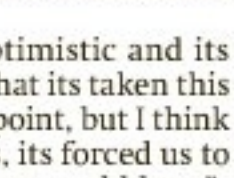
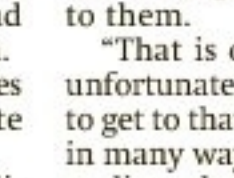
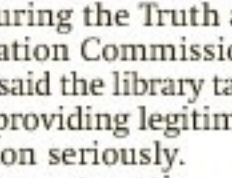
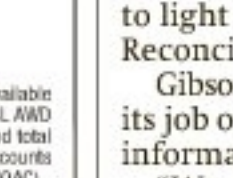
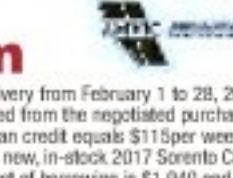
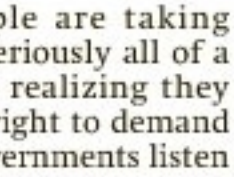
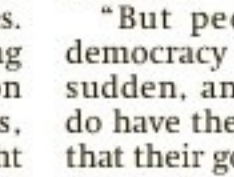
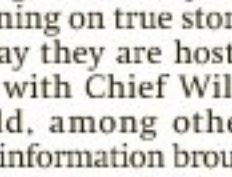
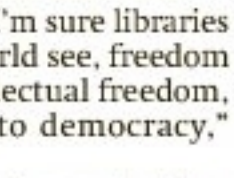
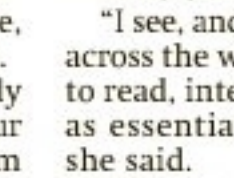
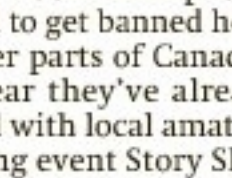
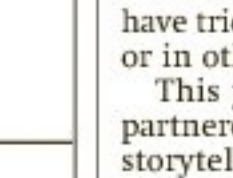
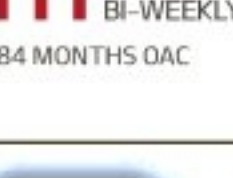
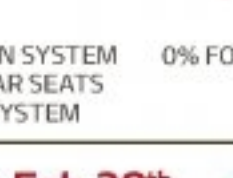
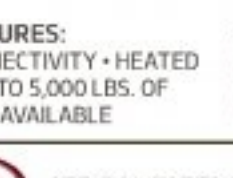
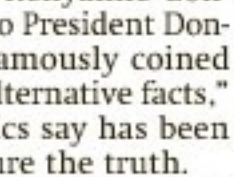
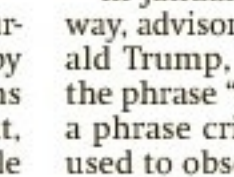
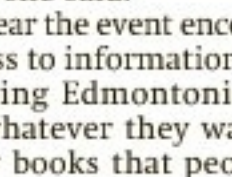
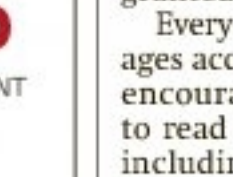
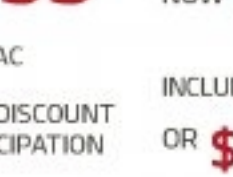
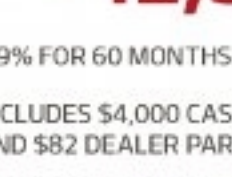
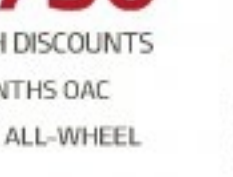
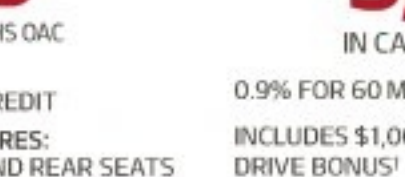
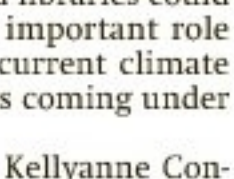
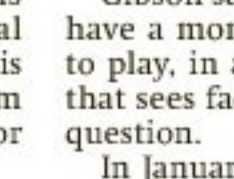
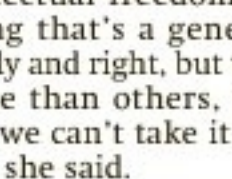
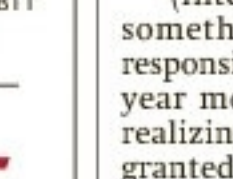
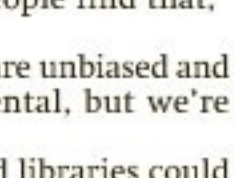
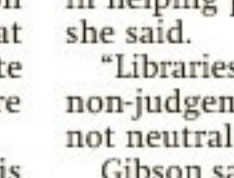
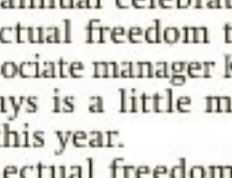
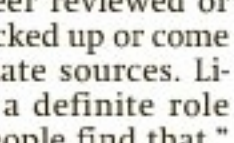
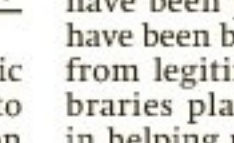
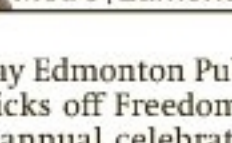
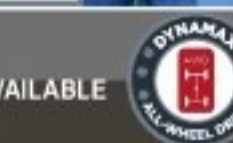
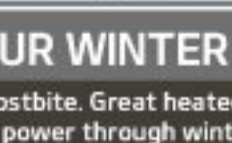
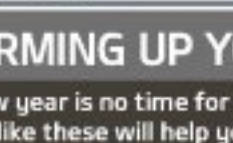
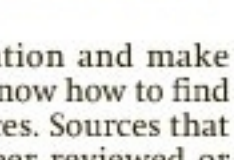
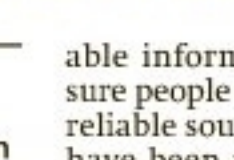
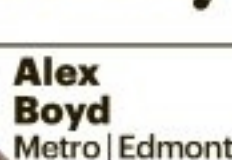
"I've gone to speak to professionals about how I'm feeling. We did well, but as a firefighter we still feel guilty about what was lost. Darby Allen



Premier Rachel Notley and Municipal Affairs Minister Danielle Larivee honour the achievement of Fort McMurray fire chief Darby Allen, who became the face of the firefighting efforts to save Fort McMurray from wildfires last spring. Allen has now retired. THE CANADIAN PRESS

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FREEDOM TO READ

Intellectual freedom especially relevant now



On Monday Edmonton Public Library kicks off Freedom to Read, an annual celebration of intellectual freedom that library associate manager Kate Gibson says is a little more relevant this year.

"(Intellectual freedom) is something that's a general responsibly and right, but this year more than others, I'm realizing we can't take it for granted," she said.

Every year the event encourages access to information by encouraging Edmontonians to read whatever they want, including books that people have tried to get banned here, or in other parts of Canada.

This year they've already partnered with local amateur storytelling event Story Slam on an evening on true stories. On Tuesday they are hosting an event with Chief Wilton Littlechild, among others, about the information brought to light during the Truth and Reconciliation Commission.

Gibson said the library takes its job of providing legitimate information seriously.

"We support getting reli-

able information and make sure people know how to find reliable sources. Sources that have been peer reviewed or have been backed up or come from legitimate sources. Libraries play a definite role in helping people find that," she said.

"Libraries are unbiased and non-judgemental, but we're not neutral."

Gibson said libraries could have a more important role to play, in a current climate that sees facts coming under question.

In January Kellyanne Conway, advisor to President Donald Trump, famously coined the phrase "alternative facts," a phrase critics say has been used to obscure the truth.

"I see, and I'm sure libraries across the world see, freedom to read, intellectual freedom, as essential to democracy," she said.

"But people are taking democracy seriously all of a sudden, and realizing they do have the right to demand that their governments listen to them."

"That is optimistic and its unfortunate that its taken this to get to that point, but I think in many ways, its forced us to realize what we could lose."

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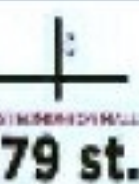
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HOUSING

Ambrose Place is a light in a system that is failing many



Kevin Maimann
Metro | Edmonton

In a city falling short of its goals to house the chronically homeless, one Edmonton facility is emerging as a success story.

Alberta Health Services released an evaluation report this week for Ambrose Place – which accommodates people previously labelled as the city's hardest to house – and found significant progress is being made.

Alberta Health Services collected data for residents two years prior to moving into the McCauley building, and again after living in their residence, since it opened in November 2014.

The report notes overall inpatient days decreased by 81 per cent, EMS calls for mental



Elder Russell Auger and Ambrose Place executive director Carola Cunningham at Ambrose Place in Edmonton's McCauley neighbourhood on Friday. KEVIN MAIMANN/METRO

health and addictions dropped 68 per cent, hospital admissions went down 58 per cent.

"The biggest reason (for our

success) is we really do operate as a community. There's no pressure to sober up or stop doing what you do," execu-

tive director Carola Cunningham said.

"But it's common sense. When you give somebody

a safe, secure environment, their health is going to improve and they're going to eat better and they're going to reduce consumption of alcohol and drugs."

Earlier this week, city council discussed numbers showing Edmonton has added just 213 of the 1,000 permanent supportive housing units identified as a need in a 2009 report.

Coun. Scott McKeen mentioned Ambrose Place as a model for other programs, and Cunningham agrees.

"Absolutely we have something to share with others," she said.

Ambrose Place set out to be a safe, secure home for hard-to-house Indigenous people, to start a "decolonization process," as Cunningham puts it.

Some of its first residents had been living on the street for 40 years.

It's named for Ambrose Daniels, who died outdoors from pneumonia after being kicked out of shelters.

New residents come in with complex needs in mental, physical, emotional and spiritual health, Cunningham said. Some are missing limbs



There's no pressure to sober up or stop doing what you do.

Carola Cunningham,
Ambrose Place executive
director

and confined to wheelchairs.

"We look to see how serious their needs are, and take them based on that. Which is totally backwards from the way other people fill their buildings," she said.

Fifty people currently live at Ambrose Place, in 42 units. They pay rent, usually through AISH supports, which cover utilities and comprehensive care including 24-hour health-care supports, an addictions counsellor, social worker, housing support workers, independent living support workers and Indigenous elders.

Ambrose Place and AHS are working on a follow-up study to see how much public money has been saved by getting its residents into stable homes.



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HEADLINE

COFFEE

Lava Java

Discovering a Guatemalan coffee that's [almost literally] erupting with flavour

By: Sean Deasy



The Guatemalan mountains

A lot goes into making a great cup of coffee, and perhaps nothing more important than the origins of the bean itself. From idyllic climate conditions to the high-nutrient content of the soil, the coffee we enjoy is very much the sum of its parts. And, on rare occasions, we get a bonus.

In this case: Fedecocagua coffee. Already benefiting from the fertile soil of Guatemala's San Marcos region – the country's coffee-belt – its rich bean has traces of volcanic ash to inform a singularly unique flavour – one that summons chocolate, vanilla and one rather surprising nuance: smokiness.

"What I find exciting about this Guatemalan coffee is that the beans are grown on the slopes of volcanic soil," says roaster Eric Shabsove from Mountain View Coffee in Toronto. "It's one of the things I love about San Marcos. When you drink it you can just picture the volcano with centuries of accumulated volcanic soil, and you can actually taste the hint of smokiness that comes from years and years of eruptions. It's truly fantastic."

Shabsove insists the hint is so slight that it shouldn't deter smoke-shy java drinkers.

The region also boasts another distinctive characteristic: a considerably long harvesting

period – from November through March.

"What you get in Guatemala is a harvest season that extends into early spring. It's typical amongst all Central American coffee countries, notably in Costa Rica, where you can start harvesting let's say in November, December and into January."

Shabsove says something exceptional happens after the two-month processing period [in which time the beans are harvested, washed and dried]. "When you see the beans ready to be shipped, you're also already seeing the flowers blooming for next season. That's what so great about it: ultimately the beans are really bigger and better and you get that really fantastic taste."

Another natural asset for the San Marcos region is an abundance of rainfall, more so than other regions of the country, says Shabsove. "[The additional rainfall] does give that extra boost to the production and early flowering, so the beans are that much tastier, they've had a little bit longer to mature."

Speaking of quality control, this is a handpicking operation, primarily because of where and how the beans are grown: on steep volcanic slopes.

The growers

So who's doing the growing, picking and producing of this delightful coffee?

Fedecocagua – already a mouthful for some to pronounce – is the abbreviation for the Federación de Cooperativas Agrícolas de Productores de Café de Guatemala. It's a federation of roughly 148 co-operatives and 20,000 members from across Guatemala's coffee belt, many of which are of Mayan origin.

"I believe about 70 percent of its members are comprised of indigenous peoples of Guatemala," says Eric Shabsove. The members are growers who typically own small plots or family farms, typically averaging 1.3 hectares. While the cultivation of coffee is their primary function – according to Shabsove, coffee represents 80 to 90 percent of a farm's income – they also produce basic grains and other agricultural products for their own consumption.

For these growers joining a co-op minimizes obstacles such as high processing costs and problems in product quality, and helps with technical advice and accessing financing.

"The co-ops help with getting these farmers a line of credit. They're able to borrow money to help with expenses when they bring their beans in to process," says Shabsove. "Membership also helps with warehousing, transportation of the product and allows them to access the fair trade premiums, which is also a boon because it provides additional income."

The order of coffee

Shabsove is particularly excited about introducing Guatemalan Fedecocagua coffee as this month's Headline Coffee. As the chief roaster and curator of the series, he is taking us on a guided tour of the world's best coffees – but he's doing so on a very deliberate path.

"It's always really great coffee, but to embark on a true journey of taste, we need to accentuate every region, because they all have their own distinct characteristics. And I'm trying to make it a unique experience every time. We're back in Central America now, for instance, but we've definitely not tasted anything like this before."

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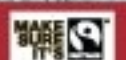
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Bolster your mumps defence, experts urge

HEALTH

At-risk groups need to make sure vaccines are up to date

Public health officials and infectious disease experts are urging Canadians to check that their vaccinations are up to date as clusters of mumps are investigated in Ontario and Alberta, and measles cases are probed in Nova Scotia.

The viral infections are both covered by the measles-mumps-rubella (MMR) or measles-mumps-rubella-varicella (MMRV) vaccines. But experts say people between the ages of 18 and 35 need to ensure they've had two doses to bolster their immunity.

"Mumps and measles are very contagious illnesses ... at the moment we have this particular issue with people who've only had one dose of

vaccine. For this age group, it's a good time to check and make sure they've had two doses," said Dr. Allison McGeer, director of infection control at Toronto's Mount Sinai Hospital.

McGeer explained that when the mumps and measles vaccine was introduced, only one dose was administered but it later became apparent that two doses were needed for it to be effective over the long term.

McGeer said there was nothing overly worrisome about the recent mumps and measles cases but noted that they served as a reminder of the importance of immunization efforts.

"The fact that you can still get clusters of cases is a marker for just how important having those vaccination programs is. If they didn't happen then everybody got sick."

Dr. Sarah Wilson, a medical epidemiologist with Public Health Ontario, said individuals in the age range currently more susceptible to mumps may also



A dose of the MMR vaccine.

THE ASSOCIATED PRESS FILE

be more at risk because of their behaviour traits.

That group is more likely to engage in behaviours and activities in which mumps spreads easily, like playing on sports teams, living in dormitories in close conditions and shar-

ing drinks and food in bars, she said.

"These situations provide really rich opportunities for the mumps virus, if it's introduced, to spread easily in a population that might not be up to date with respect to mumps vaccine," said Wilson. "I think those are some of the potential explanation for why we're seeing more mumps these days, in particular in this age group."

Wilson explained that even those who get two doses of the vaccine can still sometimes end up with mumps — as seen in 40 per cent of the Toronto cases — as the vaccine is considered about 88 per cent effective at that point.

Complications from mumps can include encephalitis, meningitis, painful swelling of the testicles or the ovaries, pancreatitis and hearing loss. Pregnant women who become infected with mumps during the first three months of pregnancy are at risk of miscarriage. THE CANADIAN PRESS

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Job offers roll in after Halifax trans woman tells her story



Cody McEachern
For Metro | Halifax

A trans woman has received a handful of job offers only hours after Metro told her story, and future employment may be right around the corner.

Rose Boudreau spoke to Metro Halifax on Thursday about her struggle to find a job as a trans woman, and her concerns of prejudice from employers, but within three hours of the story being released, she had received her first offer, with others rolling in the next morning.

"It felt awesome," said Boudreau. "Getting these calls and messages really made me feel valued. It was a great response, and made me feel like a weight was lifted off my chest."

The 22-year-old received multiple offers out of the blue from companies around Halifax.

"These companies contacted me under their own volition. I hadn't even applied to them, they just wanted to help me."

Only recently transitioning and being relatively new to



Rose Boudreau told Metro her story on Thursday. By Friday morning, she was fielding job offers. JEFF HARPER/METRO

the community, the support and offers have made her feel accepted and valued as a part of society, she said.

"Being able to have that platform to get my voice and story out has really helped. It connected me with people who support me and want to help."



I hadn't even applied to them, they just wanted to help me.

Rose Boudreau

Schools move to incorporate phones

TECHNOLOGY

Bans will be ignored, teach responsible use: Expert

Researchers and educators agree that cellphones have become fixtures in Canadian classrooms, but opinion remains divided on how best to address their presence.

All agree that the presence of smartphones can be problematic if students are allowed to devote more attention to their screens than their studies.

One research paper suggests the majority of schools are still treating cellphones as a scourge and banning the devices outright both in and out of class.

But that study and a growing number of boards say they've had more success once deciding to stop fighting the technological tide and find ways to incorporate cellphones into schools.



Researchers say it's essential to have guidelines in place around the use of cellphones. ISTOCK

Canada's largest school board reversed a four-year ban on cellphones and now lets teachers dictate what works best for their classrooms.

Thierry Karsenti, Canada Research Chair on Technologies in Education and professor at the University of Montreal, said

students will find a way to bring phones into the classroom regardless of the rules.

A survey of more than 4,000 high school students found that 79.3 per cent of respondents owned a cellphone. Participants indicated that the phones did not figure strongly in their

formal education, with 88.4 per cent reporting that the devices were banned either in class or at school altogether.

Karsenti said the majority of schools he's studied persist in fruitless bans, edicts that students will inevitably ignore.

Only 12.9 per cent of survey respondents said they had never sent texts in class, 55.7 per cent said they felt it was acceptable to send or read text during lessons, and 90.7 per cent said they had seen classmates doing just that.

But Karsenti said schools with more flexible policies got better results, adding the best ones set firm boundaries that helped educate students on when phone use may or may not be appropriate.

Students responded, he said, by taking those lessons to heart.

"They were becoming themselves more responsible in those schools where cells were allowed with specific rules because schools help them become more responsible," Karsenti said.

THE CANADIAN PRESS

IMMIGRATION

Minister not convinced of asylum seeker trend

Canada's immigration minister says he's not yet convinced a recent increase in the number of asylum seekers crossing the border illegally from the United States constitutes a growing trend, despite concerns raised by Manitoba that the situation may be getting out of hand.

In the days and weeks that followed a move by President Donald Trump to ban travellers from seven Muslim-majority entering the U.S., Canada has seen an increase in the number of refugee claimants walking across the border to request

asylum.

For now, Ottawa is monitoring the situation, but it's still too early to say whether even more asylum seekers will continue walking over Canada's doorstep, Immigration Minister Ahmed Hussen said in an interview aired Sunday on CTV's Question Period.

"We need to see what happens over the next little while to see if this is a trend," Hussen told CTV's Evan Solomon. "We can't really determine that this is a trend moving forward."

THE CANADIAN PRESS

TRAFFICKING

Fentanyl crisis presents new challenge for police

Illicit drugs have always been a problem in port cities, but experts say the emergence of highly potent synthetic opioids that are fuelling British Columbia's overdose crisis are slipping through borders in new ways, presenting challenges for law enforcement.

International regulations, online ordering and the potency of the drug are among the factors

making it difficult to prevent the drug from slipping through Canada's borders.

More than 1,000 people have died from illicit drug overdoses in B.C. since January 2016, many as a result of the powerful opioids fentanyl and carfentanil which law enforcement says largely comes from China.

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'This is not a battle, it's a siege'

POLITICS

Democrats use Tea Party tactics at town halls across the U.S.

Near the end of his town hall meeting last week in a rural Virginia county, Republican Congressman Dave Brat tried to defuse the tension with some comedy.

"Anybody got a good joke?"

A couple hundred people who couldn't fit into the cramped restaurant were standing outside, listening on loudspeakers. Their roaring answer could be heard through the closed door: "You!"

Democrats are in no mood for friendly banter. Disturbed by the election of Donald Trump and determined to thwart his agenda, progressives around the country are borrowing a move from the Tea Party movement that impeded Barack Obama in the early years of his presidency: swamping legislators' local meetings to pepper them with jeers and tough questions.

Their primary goal, for the moment, is to protect the Affordable Care Act, the threatened health-care overhaul the Tea



Constituents of Congressman Dave Brat protest during a town hall meeting with the congressman in Blackstone, Virginia, on Feb. 21. STEVE HELBER/THE ASSOCIATED PRESS

Party tried to prevent from coming into existence. More broadly, they want to show lawmakers there will be consequences for supporting virtually any part of the president's program — at the very least, being pestered at every turn when they come home from Washington.

"I have no illusions that



Republicans are now accusing these activists of everything the Democrats accused the Tea Party of in 2009. Matt Kibbe

those of us who are horrified by Trump's election are going to have something miraculous happen. This is not a battle, it's a

siege. But this kind of event gives us energy. And it puts people like Dave Brat on notice: He may have cruised along the first time

around, but this is what his life is going to be like now, every day," said Professor Mary Mullins, 61, a Brat constituent who had not been politically active since her youth.

The movement's bible is an online manual called Indivisible: A Practical Guide for Resisting the Trump Agenda. Written by about 30 former Democratic congressional aides and posted online in December, it provides advice, based largely on Tea Party tactics, on how to get members of Congress to listen.

Veteran activists are helping to organize a movement some describe as "the resistance," and Matt Kibbe, president of prominent Tea Party backer FreedomWorks during the heyday of that movement, said Republicans are still "wrong to dismiss it."

"Republicans are now accusing these activists of everything the Democrats accused the Tea Party of in 2009. I don't think Democrats understood that the Tea Party was real, and maybe some Republicans don't appreciate that this is real," said Kibbe. "There's obviously a lot of professional community organizers involved, but you can't create this kind of grassroots participation. It has to be organic." TORSTAR NEWS SERVICE



Donald Trump AP FILE

Trump wasn't elected to hang with celebs: Spokeswoman

The White House says that when President Donald Trump skips the White House Correspondents' Association dinner, expect him to spend that Saturday night in April "focused on what he can do to help better America."

The dinner attracts politicians, journalists and celebrities and is typically attended by the president, who's often roasted.

Trump isn't saying why he won't be there. He has railed against "the fake news media," saying it is "the enemy of the American people."

Spokeswoman Sarah Huckabee Sanders says it's "kind of naive of us to think that we can all walk into a room for a couple of hours and pretend that some of that tension isn't there."

She tells said that Trump wasn't elected "to spend his time with reporters and celebrities."

THE ASSOCIATED PRESS

Suspect in Mardi Gras crash three times over the limit



Neilson Rizzuto
ORLEANS PARISH SHERIFF'S OFFICE

The man who allegedly plowed into a crowd at a Mardi Gras parade in New Orleans had a blood alcohol level nearly three times the legal limit, police said Sunday.

The New Orleans Police Department issued a statement identifying the man as 25-year-old Neilson Rizzuto.

He's being held at the city's jail on several charges.

The accident happened Saturday during one of the busiest nights of Mardi Gras. Police said Sunday that 28 people were hurt in the accident that sent 21 people to the hospital. At least three victims remained hospital-

ized overnight with moderate to serious injuries, police said Sunday. There were no fatalities.

Police say a breath alcohol test determined that Rizzuto's alcohol level was nearly three times the legal limit.

Rizzuto's father said he was still trying to under-

stand what happened and that his son is a "good kid." John Rizzuto told the station that he spoke with his son multiple times Sunday morning and that his son said "a stranger gave him a drink off the street and that's the last thing he remembered."

THE ASSOCIATED PRESS

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EGYPT COPTIC CHRISTIANS FLEE HOMES AFTER DAESH ATTACKS An Egyptian woman comforts an elderly Coptic Christian who weeps upon arriving to take refuge at the Evangelical Church in the Suez Canal city of Ismailiya on Saturday as dozens of Copts leave Egypt's Sinai Peninsula after a string of jihadist attacks by Daesh killed three Christians in the restive province. AFP/GETTY IMAGES

Who's that Swede?

BROADCASTING

Nordic nation baffled again after Fox News airs an 'expert'

A wave of puzzlement is rippling across Sweden for the second time in a week, after a prominent Fox News show featured a "Swedish defence and national security advisor" who's unknown to the country's military and foreign-affairs officials.

Swedes, and some Americans, have been wondering about representations of the Nordic nation in the U.S. since President Donald Trump invoked "what's happening last night in Sweden" while alluding to past terror attacks in Europe during a rally Feb. 18. There hadn't been any major incident in Sweden the previous night.

Then, Fox News commentator Bill O'Reilly convened an on-air faceoff Thursday over Swedish immigration and crime between

a Swedish newspaper reporter and a man identified on screen and verbally as a "Swedish defence and national security advisor," Nils Bildt.

Bildt linked immigration to social problems in Sweden, lamented what he described as Swedish liberal close-mindedness about the downsides of welcoming newcomers and said: "We are unable in Sweden to socially integrate these people."

But if viewers might have taken the "advisor" for a government insider, the Swedish Defence Ministry and Foreign Office told reporters they knew nothing of him.

Bildt is a founding member of a corporate geopolitical strategy and security consulting business with offices in Washington, Brussels and Tokyo, according to its website.

"He is not in any way a known quantity in Sweden and has never been part of the Swedish debate," Swedish Defence University leadership professor Robert Egnell said on Saturday.

THE ASSOCIATED PRESS

Father of fallen soldier refused to meet Trump

The father of a Navy SEAL killed during an anti-terrorism raid in Yemen is demanding an investigation into its planning and criticized the Trump administration for its timing.

Bill Owens told The Miami Herald in a story published Sunday that he refused to meet with

President Donald Trump when both came to Dover Air Force Base to receive the casket carrying his son, Chief Special Warfare Officer William "Ryan" Owens.

"I want an investigation," said Owens, a retired Fort Lauderdale police detective and veteran. "The government owes my son

an investigation."

White House spokeswoman Sarah Huckabee Sanders told ABC's This Week on Sunday she believes the president would support an investigation.

"I can't imagine what this father is going through," she said. The younger Owens, a 36-year-

old married father of three, was the lone U.S. fatality in the Jan. 27 raid on a suspected al-Qaida compound.

The elder Owens told the Herald he refused to meet with the president because the family had requested a private ceremony.

THE ASSOCIATED PRESS

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Sun rises on music retail

POP CULTURE

Sunrise Records plans to move into 70 former HMV locations

Sunrise Records is placing a major bet on Canadian music sales with plans to move into 70 retail spaces being vacated by HMV Canada.

The Ontario-based music retail chain has negotiated new leases with mall landlords across the country. Sunrise's expansion gives the company a quick foothold in the Canadian music scene just as the industry's largest retailer closes shop. Stores will begin to open this spring after HMV liquidates its stock.

"It's a good opportunity for us to get a lot more stores open," Sunrise Records president Doug Putman said in an interview.

"We think there needs to be a great outlet across Canada to buy music."

The 32-year-old executive's investment comes at a time when many are dismissing physical music sales as more listeners shift to streaming options.

Compact disc sales fell 19 per



The HMV outlet at the Mic Mac Mall in Dartmouth, N.S. on Friday. Sunrise Records hopes to fill the hole in pop culture retail once HMV Canada liquidates its stock. ANDREW VAUGHAN/THE CANADIAN PRESS

cent to 12.3 million units last year, according to data compiled by Nielsen Music Canada. Meanwhile, on-demand audio streams experienced dramatic growth, rising 203 per cent to 22 billion streams, helped by services like Apple Music and Spotify.

Putman isn't convinced the data signals the end of physical media.

"A lot of the younger consumers still love having something tangible," he argued.

Putman bought the Sunrise chain from Malcolm Perlman in October 2014 just as streaming was going mainstream. Perlman had spent the previous few years shutting down most of the Sunrise stores in the Toronto area, often blaming higher rent.

When Putman gained control of the company, there were five Sunrise Records stores left. He's since doubled the number by opening in Ontario cities like Ottawa and North Bay. He said all of those stores are profitable.

His approach is a departure from the financials at HMV.

In court documents filed last month, HMV painted the im-

\$100K

Court documents filed in January indicate HMV was hemorrhaging money, losing \$100,000 a day. Putman says Sunrise aims to be fully profitable by 2018.

age of a hemorrhaging business where sales were projected to slide to \$190 million in 2016.

Sunrise Records will invite 1,340 former HMV employees to apply for 700 positions as it moves into the new locations.

The company was unable to reach new terms for about 30 of the closing HMV stores, Putman said, including the company's flagship location at Yonge and Dundas streets in Toronto. Some landlords weren't interested in a "pop culture" chain, he said.

Staying ahead of trends will be one of the biggest challenges Sunrise faces as it defines itself as a hybrid music retailer and cultural merchandiser.

"Is the business the same today as it was five years ago? Of course not," he said. "And it's going to be very different in three years. It's up to us to adapt and change." THE CANADIAN PRESS

ISRAEL

Amazon CEO asked to help halt hatred

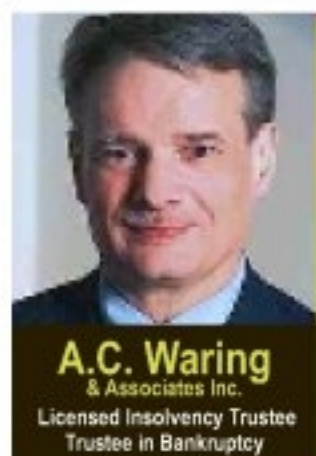
Israel's official Holocaust memorial has asked Amazon to stop selling literature on its site that denies the genocide of 6 million Jews during the Second World War and otherwise encourages the spread of anti-Semitism.

Yad Vashem's director of libraries Robert Rozett says he has dispatched a letter to Amazon CEO Jeff Bezos offering his assistance to "curb the spread of hatred."

Rozett says Sunday that Yad Vashem has approached Amazon before on the subject but the Internet retailing giant insisted that it would not halt the sale of offensive and inciting material, citing the right to freedom of information.

Rozett says he hoped that given the recent spike in anti-Semitic incidents in the United States, particularly a vandalism attack on a Jewish cemetery near St. Louis, Mo., Amazon would reconsider its position.

He says he has yet to hear back. THE ASSOCIATED PRESS



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VATICAN

Firm to protect papal copyrights

God's love may be free, but the Vatican says it has a copyright on the Pope.

Unnerved by the proliferation of papal-themed T-shirts, snow globes and tea towels around the world, the Vatican has warned it intends to "protect" the image of Pope Francis. It also wants to protect the crossed keys emblem of the Holy See.

"The secretary of state will undertake systematic surveillance aimed at monitoring the way in which the image of the Holy Father and the emblems of the Holy See are used, intervening with opportune measures when necessary," the Vatican said in a statement.

To back up this declaration, the Vatican has hired the global

law firm Baker McKenzie to protect its intellectual property rights, the Italian daily Corriere della Sera reported.

"It's not surprising that the Vatican is giving notice that it will protect its (intellectual property) rights as necessary," said Nick Kounoupas, founder of an intellectual property consultancy in London. THE ASSOCIATED PRESS

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URBAN ETIQUETTE ELLEN VANSTONE



THE QUESTION

How do I support a person I care about, but am not close to, who was recently diagnosed with cancer?

Dear Ellen,

An acquaintance of mine was recently diagnosed with breast cancer. She's not a close friend, but someone I care about. How do I keep in touch, without hovering and asking intrusive questions?

Signed, Concerned

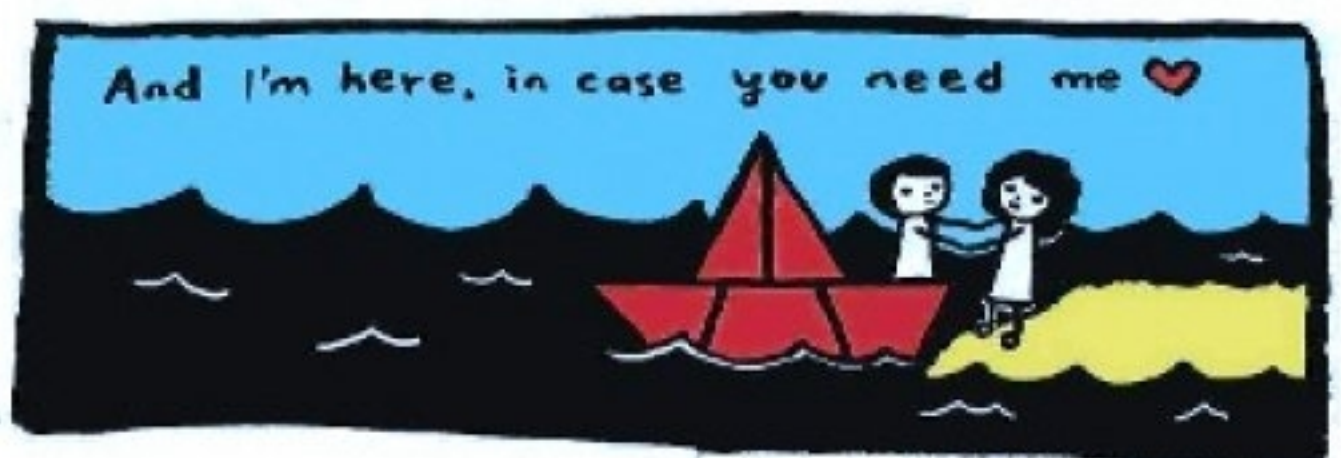
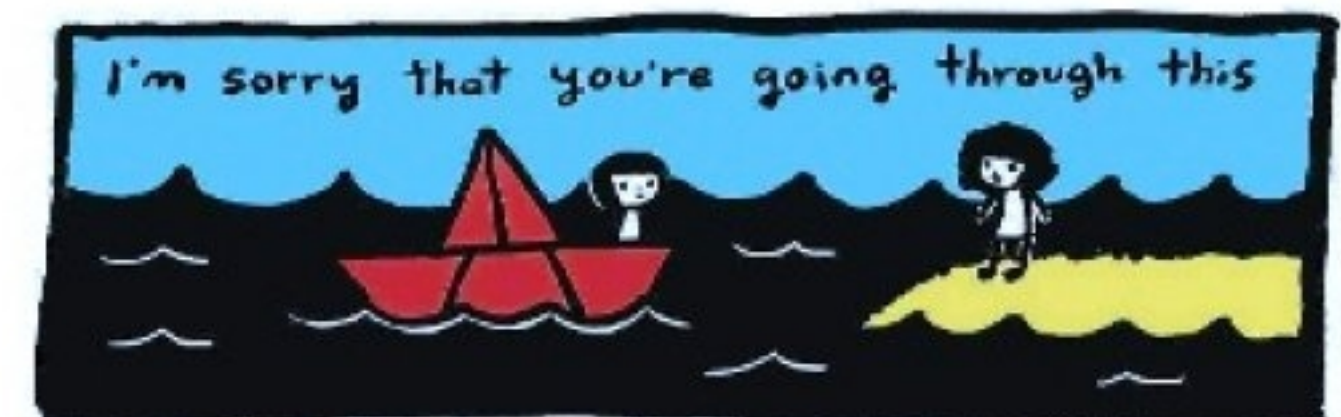
Dear Concerned,

The rules of etiquette are clear and easy to follow when it comes to big events like births, weddings, and funerals. It gets trickier with all the messy stuff in-between — like the times our friends and acquaintances are dealing with problems like depression, divorce or disease. It's easy to back away and tell ourselves we "don't want to intrude" and then wait for an invitation to act. But based on my own experiences, and mistakes, I've come around to the belief that it's better to err on the side of effort, rather than refrain from action.

I still regret my behaviour years ago, when a sort-of friend lost her fiancé in a traffic accident days before their wedding. I talked with some of her closer friends about it, and they said they'd decided to "just let her be" and not "bother" her. They'd see her around and be extra nice when she finished grieving and resumed socializing. Except she never did. She moved to another province and we never saw her again.

It felt wrong at the time, but I followed their lead and did nothing. Now I realize how cowardly that was. What I should have done was urged her closer friends to pick up the phone and call her

It's better to err on the side of effort.



Ani Castillo

immediately, and then sent a card myself instead of sitting here decades later, still filled with regret.

It's important to respect people's privacy. But if the knowledge of your acquaintance's cancer is out in the world, it's a mistake to use that privacy as an excuse not to act. So I'm glad to see that you, unlike my younger self, have the proper and compassionate — i.e. exquisitely well-mannered — impulse to "keep

in touch" and are simply wondering how best to do that.

I suggest reaching out with an email or card, mentioning that you've heard what she's going through, you're thinking of her, and you'd love to hear from her, or see her, anytime she feels like getting in touch.

Worst-case scenario for you is that she's furious you dared to contact her — but that's okay. She's allowed to react anyway she likes at this point. And though it won't be pleas-

ant for you, the fact is you acted in good faith, and deep down your sincere concern will register with her.

What you don't want is to leave her alone during what is probably the worst time of her life. It's always better to follow a generous instinct than ignore it — even if it feels clumsy and messy, like life.

Need advice?
Email Ellen:
scene@metronews.ca

VICKY MOCHAMA

Oscar-nominated doc highlights ongoing white apathy

This Black History Month, I have been thinking a lot about white people.

Because it feels increasingly condescending to congratulate black people for their bravery and rebellion without admonishing the society that made it necessary.

In *I Am Not Your Negro*, an Oscar-nominated documentary film based on an unfinished manuscript by late American writer James Baldwin, the author explains with commanding calm that the construct of race is ultimately something white people need. Until they question why they need race, there will always be racism.

So when we are supposed to celebrate the achievements of black people, I find myself looking past it to the history of white people who, through indifference, apathy and violence, stood in the way of those achievements. They still do.

I think of Viola Desmond, celebrated for her brave stance. Her bold action: daring to want to watch a movie like a person. For the quotidian act of insisting on her humanity, she was dragged out of a Nova Scotia theatre, imprisoned and fined. Shamed by the publicity of this story decades later, successive governments have apologized, issued stamps, and now a \$10 bill.

Yet, part of that history is being conspicuously hidden: Desmond was not dragged out of an empty theatre. White moviegoers stood idly by. If the photos of black children integrating schools in

the U.S. are any indication, white moviegoers jeered and cheered this violence. Perhaps, in a more Canadian way, they shook the hands of the theatre manager and the police officers to thank them. I can only guess; theirs aren't the stories we share.

Until white people develop intellectual curiosity about themselves, how can black people believe that "official" acts of contrition have fixed this pathology in the people who believe themselves to be white?

Where white supremacy is the de facto law of the land, race relations describes a two-way mirror. In it, only one side sees the other while one sees only their reflection. Black people, yes, black people in Canada too, not only know our culture and history, but we know white culture and history — and the pathology that protects and defends white supremacy — with a terrible closeness.

I find it hard to pretend the "successes" of black people are not just also reflections of white people and their institutions that, in cutting and critical ways, prevented black people from being more successful.

As Baldwin says in the documentary, "Not everything that is faced can be changed, but nothing can be changed until it is faced." The jeering white mobs and silent white moviegoers are the faces of white people you know.

This Black History Month, I have been thinking: When is White Complicity Month?

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A night for inclusion and empathy



Clockwise from above: Mahershala Ali won best supporting actor for his role in *Moonlight*; Viola Davis won best supporting actress for her role in *Fences*; Anousheh Ansari read out a powerful statement on behalf of Asghar Farhadi, Iranian director of best documentary *The Salesman*.



GETTY IMAGES



OSCARS

One year after backlash, the Oscars offer a Trump rebuttal



Joe Callaghan
Metro Canada

A year after the narrow focus of nominations sparked the social media backlash #OscarsSoWhite, the 89th Academy Awards sent out a booming message of inclusion and empathy Sunday.

Cast in the shadow of Donald Trump's controversial moves in his first month as U.S. president, the Oscars were always likely to see a rebuttal to the divisive messages that dogged last year's election. So it proved.

A first Muslim actor winning an award was quickly followed up by three more African-American triumphs — setting a record — before an Iranian director, who had boycotted the ceremony in the wake of Trump's Muslim travel ban, claimed best documentary honours.

The awards had kicked off as expected — with one man front and centre. But once the Trump jokes that host Jimmy Kimmel peppered his opening riff with died down, there was a moment — and a victory — of true significance. And it proved to be a sign of things to come.

In the night's first award category, Mahershala Ali became the first Muslim actor to win an Oscar, his role in coming-of-

age drama *Moonlight* securing him the best supporting actor honours.

Ali had made an impassioned acceptance speech last month at the SAG Awards, referencing persecution of minorities days after Trump's Muslim travel ban had been introduced. But on Sunday he concentrated on paying tribute to his loved ones.

Nonetheless, the recently elected president was prominent throughout the early evening at the Dolby Theatre with several top nominees sporting blue ribbons supporting the American Civil Liberties Union along the red carpet.

Once things got underway, Kimmel soon got down to what most had expected of him — roasting the U.S. president.

"I want to say thank you president Trump. I mean, remember last year when the Oscars seemed racist?" said the late night TV host.

Kimmel then singled out Meryl Streep, whom Trump derided as "overrated" after her fiery Golden Globes speech last month. Listing some of her credits, Kimmel said Streep has "phoned it in for over 50 films."

Iranian filmmaker Asghar Farhadi, winner of the Oscar for best foreign film, sent Iranian astronaut Anousheh Ansari to read a statement for him.

"Dividing the world into 'us' and 'enemies' categories creates fear," Ansari said, concluding with a passionate defense of the power of film to create empathy "between us and others, an empathy that we need today."

Even in animation, inclusion won the day. Disney's socially relevant *Zootopia*, with tolerance its overarching message, took the Oscar for best animated feature.

It was Viola Davis who had introduced Streep for that stirring speech at the Golden Globes last month. On Sunday it was Davis who was accepting the adulation as she scooped best supporting actress for her powering display in *Fences*.

Later, Casey Affleck took his first Oscar as he triumphed over *Fences* director Denzel Washington in the best actor category, his gripping portrayal in the drama *Manchester By The Sea* winning over the judges.

Emma Stone took best actress as the *La La Land*-slide that had been anticipated gathered pace. Its mastermind Damien Chazelle became the youngest filmmaker to win best director honours at the age of 32.

However, fellow favourite *Moonlight* scored another significant win when it took best adapted screenplay.

WITH FILES FROM CP



It's been an amazing year for movies. Black people saved NASA and white people saved jazz.

Jimmy Kimmel, host, on *Hidden Figures* and *La La Land*

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STAR STYLE BEST DRESSED AT THE OSCARS

The Academy Awards is not a show where celebrities are generally rewarded for making bold fashion choices, but this year the best looks not only made a statement but took a stand. **NICHOLE JANKOWSKI/METRO**

Make a statement

Ruth Negga, nominated for best actress, accessorized her Valentino gown with responsibly sourced rubies as well as a blue ribbon supporting the American Civil Liberties Union — as did best original song nominee Lin-Manuel Miranda. Mica Levi, nominated in the category for best original score, wore a safety pin above her breast pocket in solidarity with minorities and victims of hate. Ava DuVernay chose a dress by a designer from a majority Muslim country.

ALL
PHOTOS
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Old Hollywood glamour

Hollywood loves to be self-referential — see: *La La Land*'s 14 noms. So while it's a safe bet to wear fashion the industry made famous, it's one that's guaranteed to land Kirsten Dunst (in Dior Haute Couture) and Emma Stone (in Givenchy Couture) on best-dressed lists.

Shoulder pads

The eighties are back in a big way so it's no surprise that shoulder pads made an appearance at the awards. Dakota Johnson rocked a Gucci frock with strong shoulders as did best-actress nominee Isabelle Huppert (in Armani Privé).

Quebec couple hoping their box bags big fans

GIFTS

Positive Cube is included in Oscar winners' bags of swag

Along with luxury vacations, diamond bracelets and personal training sessions, celebrities who receive unofficial gift bags at the Oscars this year will also get a modest offering from Quebec.

The famously over-the-top swag bags, whose value usually runs in the six figures, is distributed annually by a Los Angeles-based marketing company to the nominees in the best actor, actress, supporting actor and actress and best director categories.

This year, the bag will contain a Positive Cube — a small wooden box produced by Quebec-based company Bangarang. The boxes contain 199 cards, each bearing a positive or inspirational saying.

Marie-Eve D'Amico, one-half of the young couple behind the product, is crossing her fingers



Martin Brouillard and Marie-Eve D'Amico are seen next to a display of Positive Cubes, a small wooden box produced by the Quebec company Bangarang. THE CANADIAN PRESS/PAUL CHIASSON

that a big star such as Meryl Streep or Denis Villeneuve will take a shine to it.

"With the mission we have of spreading the positive and supporting worthy causes, I think that touches people, so we'll see," she said in a phone interview.

D'Amico said she paid a fee, which she declined to reveal, to be included in the bag for both the Grammy Awards and

the Oscars. It's a marketing move she says is already paying off — even without a star endorsement.

"It's a lot of visibility," she said. "We've already had a lot of sales in the United States since the announcement that we were in the Grammy bag," she said.

Although the company that produces the gift bags says it isn't officially affiliated with

the Oscars, being associated with a celebrity event can be an effective marketing tool, another Quebec entrepreneur says. 2017 will mark the fifth year Rouge Maple has been contributing organic syrup and other maple products to the celebrity gift bags.

Co-founder Julie DeBlois says the event's visibility has boosted exposure and allowed the company to associate itself with a glamorous event.

"It's a golden opportunity if you fit with the brand," she said. "They want something refined, high-end — a niche product."

But one Alberta jewelry maker says even small-town entrepreneurs can benefit from Oscar exposure.

Kim Ducherer says her "Farm Wife Style" line of affordable handmade jewelry is still selling well after going in the bags last year.

"It was definitely worth it," said Ducherer, who lives on a farm outside Leduc, Alta.

"When you're in a small Canadian community, doing that will give you a lot of local exposure." THE CANADIAN PRESS

CANADIAN WINNERS

Joy for Canada in sound, animation

Montreal's Sylvain Bellemare gave a shoutout to his home city and expressed his fondness for Quebec director Denis Villeneuve as he won the best sound editing Oscar for *Arrival* on Sunday.

"This award, by far, is a collective award made by people from many countries around the world, led by the Quebec team. Salut, Montreal," he said in his thank-you speech.

He then thanked the cast and crew, including star Amy Adams, who failed to get a nomination.

"Amy Adams, you're a wonderful person and a profound actress. Thanks a lot," said Bellemare. "Denis Villeneuve ... I love you so much. You bring love to us. All we need is love. Good night."

Later a teary-eyed Alan Barillaro of Chippawa, Ont., thanked his three little birds — his children — as he accepted the best animated short Oscar for *Piper* on Sunday.

The six-minute film, produced by Pixar, depicts a baby bird and her mother trying to dodge waves while searching for food on the beach.

"My parents, my wife, Nancy, my three little pipers at home who inspired this story



Sylvain Bellemare toasts his Oscar triumph. GETTY IMAGES

... I love you and may you always have the courage to face your fears," Barillaro said in his speech, in which he also thanked his supporters and mentors.

Piper was one of three projects from Canadian animators in contention for the best animated short Oscar. The others were *Pear Cider and Cigarettes*, directed by Vancouver's Robert Valley, and *Blind Vaysha* by Montreal's Theodore Ushev.

"There's a legacy of great animation from Canada that you feel really proud to be a part of," said Barillaro

THE CANADIAN PRESS

JOHANNA SCHNELLER **WHAT I'M WATCHING**

Taking Midnite Movie turn feels like a cheat

THE SHOW: *I Don't Feel at Home in This World Anymore* (Netflix)
THE MOMENT: "Waah, waah"

Chris (Robert Longstreet) is a rich guy, clearly dirty somehow. He comes home to find Ruth (Melanie Lynskey, great) and Tony (Elijah Wood), having a blast on his sofa.

Ruth explains: Chris's son broke into her house and robbed her. "I came here to find him," she says. "To confront him."

"How dare you? Waah waah?" Robert says mockingly. "Like that?"

"Exactly," Ruth says. "You can't do that to people."

He smiles cruelly. "You say that like it means something. Anyone can do anything if you let them. Welcome to the world."

He offers her a payoff. She refuses. "Then I'm confused," he says. "What do you want?"

"For people not to be a—s," she replies.

This is one of those signal conversations, occurring just after the midpoint, where characters state the theme of the



Elijah Wood and Melanie Lynskey in *I Don't Feel at Home in This World Anymore*. CONTRIBUTED

story they're in. For the first 20 minutes, Ruth is meek. In the next 30, we watch her find her voice. Now we clearly see that her enemy isn't just the thieves of the world—it's the jackasses, too. But then I also get confused, because this telefilm (written and directed by Macon Blair), which starts off as reflective and lonely, takes one of those Midnite Movie turns into another genre altogether. I get that this

is Blair's specialty (he made the indie films *Blue Ruin* and *Green Room*), and that it's considered cool—you won't see it coming!

Here it feels like a cheat, though, not to mention a rather uninspiring moral: If you can't beat the a—s, join 'em.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

Film world mourns Bill Paxton's death

OBITUARY

Movie credits include Apollo 13, Titanic, The Terminator

Bill Paxton, a prolific and charismatic actor who had memorable roles in such blockbusters as *Apollo 13* and *Titanic* while also cherishing his work in *One False Move* and other low-budget movies and in the HBO series *Big Love*, has died from complications due to surgery. He was 61.

A family representative issued a statement Sunday on the death but provided no further details.

Paxton, a Fort Worth, Texas, native, appeared in dozens of movies and television shows and seemed to be around when history was made both on and off screen. As a boy, he was in the crowd that welcomed President John F. Kennedy in Texas on the morning of Nov. 22, 1963, hours before Kennedy was killed in Dallas. As a young man, he worked in the art department for "B" movie king Roger Corman, who helped launch the careers of numerous actors and filmmakers.

Paxton's movie credits included some of the signature works of the past 40 years, from *Titanic* and *Apollo 13* to *The Terminator* and *Aliens*. Television fans knew him for his role as a polygamist, with three wives who expected the best from him, in the HBO series *Big Love*, for which he received three Golden Globe nominations.

Paxton was currently starring in the CBS drama *Training Day*, which premiered Feb. 2. The network has not yet announced



Bill Paxton was currently starring in the CBS drama *Training Day*. The actor has died from complications due to surgery, his family said in a statement Sunday. GETTY IMAGES

whether it will continue to air the completed episodes.

Paxton is survived by his wife of 30 years, Louise Newbury, and their two children. His first marriage, to Kelly Rowan, ended in divorce.

His death adds a sad note to Sunday night's Academy Awards ceremonies. Paxton was never nominated but appeared in several Oscar-winning movies and was beloved and respect-

ed throughout Hollywood and beyond.

"I'm a frustrated romantic actor," he told *The Associated Press* in 2006. "I wanted to play the Bud part in 'Splendor in the Grass,' I wanted to play Romeo—the great, unrequited, tragic love stories. I've gotten to mix it up a bit with the ladies but the romance has been a subplot, running from the tornado or whatever." THE ASSOCIATED PRESS

REACTION

Stars paying tributes to actor



Bill Paxton was a big-hearted, thoughtful and honourable person. He always had a smile and could entertain any room with his wonderful stories of his many amazing years in Hollywood.

Chloe Sevigny, Paxton's *Big Love* co-star



Bill Paxton could play any role, but he was best at being Bill—a great human being with a huge heart.

Arnold Schwarzenegger



Devastated by the sudden loss of my close friend and one of the finest actors in the business.

Rob Lowe, on Twitter

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Ali's son detained at airport after religious 'profiling'

TRAVEL

Friends say boxer's family held due to faith and Trump ban

Muhammad Ali's son, who bears the boxing great's name, was detained by immigration officials at a Florida airport and questioned about his ancestry and religion in what amounted to unconstitutional profiling, a family friend said.

Ali Jr., 44, who confirmed his Muslim faith, was detained about two hours, despite telling officials that he's Ali's son and a native-born U.S. citizen, said Chris Mancini, a family friend and attorney.

Returning from a Black History Month event in Jamaica, Muhammad Ali Jr. and his mother, Khalilah Camacho Ali, were pulled aside and separated from each other on Feb. 7 at the immigration checkpoint at Fort Lauderdale-Hollywood International Airport, said Mancini.

Camacho Ali was released a



Muhammad Ali Jr., left, was detained at Miami airport. AP PHOTOS

short time later after showing a photo of herself with her ex-husband, the former heavyweight boxing champion, Mancini said. But Ali Jr. was not carrying a photo of his world-famous father — a recipient of the Presidential Medal of Freedom.

It was the first time Ali Jr. and his mother have ever been asked if they're Muslim when re-entering the U.S..

"From the way they were

treated, from what was said to them, they can come up with no other rational explanation except they fell into a profiling program run by customs, which is designed to obtain information from anyone who says they're a Muslim," Mancini said. "It's quite clear that what triggered his detention was his Arabic name and his religion."

U.S. Customs and Border Protection spokesman Daniel Het-

lage confirmed Saturday evening that Ali Jr. was held for questioning by customs officers, but said "it wasn't because he's a Muslim and it wasn't because of his Arabic-sounding name."

The agency said in a statement that its officers process more than 1.2 million international travellers daily with "vigilance and in accordance with the law."

During his detention, Ali Jr. was asked repeatedly about his lineage and his name, "as if that was a pre-programmed question that was part of a profile," Mancini said.

Ali Jr. and his mother have been frequent global travellers. The family connects their treatment to President Donald Trump's efforts to restrict immigration after calling during his campaign for a ban on Muslims entering the U.S.

"This has never happened to them before," Mancini said. "They're asked specifically about their Arabic names. Where they got their names from and whether they're Muslims. It doesn't take much to connect those dots to what Trump is doing."

THE ASSOCIATED PRESS

Gossip DIGEST

ADVOCACY

Jennifer Garner pledges support for education

Actress Jennifer Garner says growing up "surrounded by generational, rural poverty" in West Virginia inspired her to become an advocate for early-childhood education. Garner spoke at a meeting of the National Governors Association on Saturday about programs that bring educators into the homes of low-income parents to help them get their kids ready for kindergarten. At one point, her microphone was cut off and she said, "It's like the Oscars!"

Garner says kids who don't come to school prepared face huge disadvantages later in life. She says she saw it growing up, when kids stopped showing up at school and "disappeared off the face of the Earth."

THE ASSOCIATED PRESS

THEATRE

Obamas stage another show of support at The Price

The Obamas just can't quit Broadway. Former President Barack Obama and his daughter Malia Obama have caught a new revival

of Arthur Miller's *The Price*. They attended the play starring Danny DeVito, Mark Ruffalo, Tony Shalhoub and Jessica Hecht at the American Airlines Theatre on Friday. In *The Price*, a police officer feels that life has passed him by while he took care of his now-dead father. The Obamas were big boosters of Broadway during his presidency, especially *Hamilton*, *A Raisin in the Sun* and Joe Turner's *Come and Gone*. THE ASSOCIATED PRESS

TELEVISION

Kim's Convenience sweeps up at Actra Awards

The CBC-TV comedy series *Kim's Convenience* won major awards from Canada's performers union on Saturday. The show, about a Korean-Canadian family that runs a convenience store, won the members' choice series ensemble award from the ACTRA Awards in Toronto. Jean Yoon, who plays the matriarch Umma, won an award for outstanding performance by a female. Outstanding performance by a male went to Joey Klein of the film *We're Still Together*.

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WHY I LIKE MY JOB

Lauren Horn, 28, video editor, School Editing, Toronto.

In high school, I'd go around filming my friends and family editing the videos together using whatever program came with my computer. It was a lot of fun, and I saw that it was a viable career option — so I went from there.

I took an undergrad in a bachelor of arts, specialized in motion pictures in Johannesburg, South Africa, where I'm from. We were given the option to study any portion of film — writing, directing, cinematography and I fell in love with the editing part of it.

Today, I work with a lot of advertising agencies, primarily on commercials.

At the crux of it, editing is all about storytelling — taking a mass of footage and creating a storyline out of it. It's about taking the raw material you have and creating something engaging.

On any given day, I'm looking through footage, cutting it together or showing my clients what I've come up with. I might have anywhere from three to 10 hours of footage, which we need to get down to 30 seconds. It can take several days. The goal is to get my clients to say, "this is great, and it's going on air."

I'm really passionate about my job. We work crazy hours: I can work until 5 a.m. and not even look at the clock because it's all-consuming — which I love. I liken my job to working with a 1,000-piece puzzle.



THE BASICS: Film or video editor

\$45,743

Median annual salary for video editors. Experienced film editors can expect to make upwards of **\$74,858**.

+14%

The amount of growth expected in this field over the next eight years.

Data for this feature was provided by torontofilmschool.com, monster.ca, onetonline.org, payscale.com, yorku.ca and ubc.ca.

HOW TO START

There are a number of different ways people can get into film editing. Some universities, such as York University and the University of British Columbia, offer bachelors and masters programs in film arts, with specialties in the production process. Colleges across the country (including London's Fanshawe and Toronto's Sheridan) and specialty and vocational schools (such as the Toronto Film School) also offer specialized certificates and diplomas. In most post-secondary programs, students can expect to learn general insight into how the film industry works, as well as production theory. Those specializing in editing will also learn to develop storyboards, as well as how the software works to cut video together. Most programs also offer internships for hands-on training. Those looking to skip school can also learn the editing process on the job, though most positions require some form of previous experience.

WHERE YOU CAN GO

Film editors are most prevalent in Toronto and Vancouver, where the advertising and film and TV industries are concentrated, though there are opportunities across the country. Those who aren't interested in working in film, television or advertising can often find jobs in many newsrooms, while big corporations will often employ video editors to handle corporate communications.

CHANGING PATH

Tech student runs off to join circus

Liz Brown
For Metro Canada



In a grey-block building on the University of Waterloo campus, in a room filled with humming computers and workstations partitioned by beige cubicle walls, Sara Greenberg is hard at work creating algorithms to enhance her aerial circus performances.

The systems design engineering master's student — who moonlights as an acrobat and aerialist — claims she's the "weirdest person" in the computer lab.

"I mean, everyone here is weird in their own great way," she says. "But I'm the only one running away to join the circus."

Right now, Greenberg, 25, is riding the high of fulfilling a lifelong dream. In January she got a call from Cavalia — the multimedia horse-themed circus show — offering her a two-year contract to perform in their China productions. In the show she'll be doing bungee trapeze and flying tricks in a harness, while holding the hands of someone riding a horse.

Performing full-time in a cir-

cus show was a dream Greenberg had since she started taking circus lessons in Halifax at age 14. A self-described "mediocre" gymnast when she was younger, she loved the people and culture of the circus.

By age 17, however, Greenberg had given up on the dream of performing full time for a major production like Cirque du Soleil. "I remember saying 'I'm not good enough' and 'I'm too old now,'" she says.

She decided to take a more traditional path, enrolling in engineering at university. "I love

solving problems and working with technology," she says.

Throughout her studies, Greenberg continued to dabble in circus, taking short contract gigs in shows across North America. When she graduated and started work in Toronto as a web developer, she took an evening job as an instructor at Cirque-Ability, a firm offering aerial and acrobatics classes.

Greenberg even began incorporating her studies with her circus hobby. She created an algorithm called TIGGER (texture illumination guided global energy



Sara Greenberg, a computer engineering student, is turning a lifelong hobby into a full-time gig after earning a spot to join Cavalia's circus in China.

COURTESY PILKINGTON PHOTOGRAPHY

response). The program projects an aura-type image behind her as she's performing an aerial hoop act to Carl Sagan's Pale Blue Dot monologue.

Last summer, Greenberg heard Cavalia was holding open auditions and on a whim decided to give her dream of running away to join the circus one more shot.

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Craft beer named as top trend in chefs' survey for third year in a row

FOOD

Pickling, sous vide cooking and smoking food also trends

Craft beer and microbrews were chosen by Canadian chefs as the restaurant industry's top trend for a third year in a row.

"Craft beer is still trending because it's still growing. There's more craft brewers opening every day all over the place. It's generating revenue for the entire market," says Charlotte Langley, culinary curator of a trade show being put on this weekend in Toronto by Restaurants Canada.

More than 560 professional chefs across the country were asked to identify the menu items and cooking methods at the peak of popularity in the association's eighth annual survey.

Food smoking and sous vide cooking are two techniques

that cracked this year's top 10 list.

Though charcuterie was on last year's list, Langley points to its continuing evolution.

"Rob Gentile from Buca has taken charcuterie to a whole new level in Toronto where it's all fish charcuterie," she says, adding that the acclaimed chef — who also oversees British chef Jamie Oliver's two Canadian Jamie's Italian locations — cures many types of fish and even egg roe from lobster with "tasty" results.

Chefs also cited locally sourced foods and sustainable seafood in the top 10 list.

"One thing that's part of locally sourced food is traceability," says Langley, adding people want to know the provenance of their food.

Langley also sees many chefs working with seaweed. It fits with a plant-forward diet, which she considers another trend, and is "an ethically sourced product that's great for you and our food economy."

The survey also highlighted

pickling, ethnic condiments (raita/raitha, chimichurri, soy sauce, sambal), Asian twists on condiments (Sriracha ketchup, kimchi mayo) and gluten-free/food allergy conscious items.

"Pickling has evolved into more fermentation at this stage of the game. Maybe we're heading back to the '70s when everyone wanted to grow and ferment everything, which is great. But I think that you see more fermented products in grocery stores and retail outlets than you ever have before," says Langley. "It's not just kimchi anymore."

THE CANADIAN PRESS



Annual Restaurant Canada survey highlights industry trends as selected by over 560 professional chefs. ALL PHOTOS ISTOCK

CANNABIS

Celebrities launch marijuana brands

Country singer Willie Nelson, the children of the late reggae icon Bob Marley and comedian Whoopi Goldberg are just a few of the growing number of celebrities publicly jumping into the marijuana industry and eyeing the California pot market, which is expected to explode after voters legalized the recreational use of weed.

Analysts say brands already established in legal medical marijuana dispensaries — including celebrities who partner with approved California growers — will have a leg up when the first licenses are issued. Several pot-loving celebrities are in prime positions because of their fame and backstory with the drug, including Marley's children.

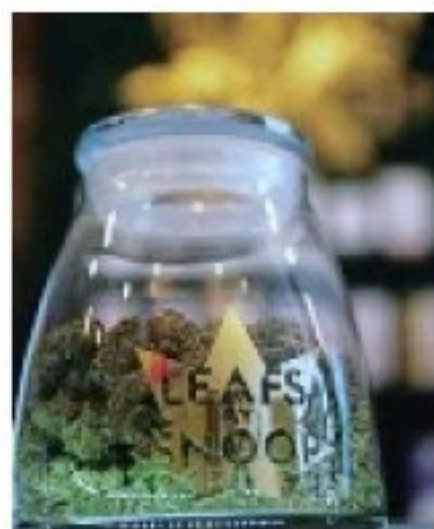
Backed by a Seattle venture capital firm, Marley's oldest daughter Cedella Marley launched Marley Natural in 2014. Bob Marley's youngest son, Damian Marley, runs a competing operation, Stony Hill, and recently joined with another weed company to buy a vacant prison in California's Central Valley. They turned it into a marijuana factory.

Few stars have invested so publicly — and heavily — in the marijuana industry as Calvin Broadus, better known as rap-

per Snoop Dogg. He has branded his own line of bud called Leafs by Snoop, created a marijuana news website and launched a \$25 million venture capital fund for pot investing called Casa Verde, Spanish for "greenhouse."

Snoop Dogg and other deep-pocketed celebrities investing in the industry are paving the way for broader acceptance, advocates argue.

"They're helping to legitimize marijuana," said Cheryl Shuman, founder of the Beverly Hills Cannabis Club. "Marijuana is fast becoming cool and glamorous." THE ASSOCIATED PRESS



Marijuana line marketed by rapper Snoop Dogg.

THE ASSOCIATED PRESS FILE

TECHNOLOGY

Maple syrup doesn't have to be a time sap

Maple syrup doesn't get that rich flavour and colour in an instant. It's a long process from tree to bottle. But an improved technology could keep maple sugarers from working late into the night boiling sap into syrup.

The new machine removes more water from sap, leaving it with higher sugar content. The concentrated sap takes half the time to boil into syrup.

"For commercial maple producers, time is money and energy is money. It all comes down to how efficient you can be to make syrup, and this is just the next big step to save time," said Timothy Perkins, of the University of Vermont's Proctor Maple Research Center.

The centre produced its first batch of syrup with a new machine last week.

Most large maple operations already use the traditional reverse osmosis systems that have a membrane that separate water from sugar. The new reverse osmosis technology removes even more water.

THE ASSOCIATED PRESS

ARCHITECTURE

Gehry to teach online course

Class will soon be in session for Frank Gehry, and the celebrated Canadian-born architect will be leading the lessons.

The California-based Gehry will be teaching what is being billed as his first-ever online class this spring.

The Gehry-led course on design and architecture will be hosted by online education service Masterclass.

The architect will be offering more than a dozen video lessons where he will teach "his unconventional philosophy on architecture, design, and art."

He will also be drawing on case studies, sketches and his "never-before-seen" model archive.

In a two-minute video promoting the course, Gehry shares his observations on architecture and design. Footage includes clips of the architect's sketches, images of his models, as well as completed versions of his towering works.

"As an artist, I got constraints — gravity is one of them," Gehry says, laughing. "But within all those constraints, I have 15 per cent of freedom to make my art."

He also notes that most cities are "built with just faceless glass, only for economies and not for humanities."

"I'm just telling you how I did



The celebrated architect responsible for the Guggenheim Museum's futuristic design at Bilbao, Basque country, Spain (above) will be running an online class this spring. GETTY IMAGES

it and why I did it," says Gehry. "Whatever you do, promise me that every project you make or design, you'll take the risk of doing something for humanity."

Born in Toronto in 1929, Gehry relocated to Los Angeles with his family in 1947 and has become one of the world's most renowned architects.

He spearheaded the transformation of the Art Gallery of Ontario in Toronto in 2008,

and is well-known for buildings located around the world including the Walt Disney Concert Hall in Los Angeles, the Dancing House in Prague and the Guggenheim Museum in Bilbao, Spain.

Recent projects include the design of Facebook's new headquarters in Menlo Park, Calif., and he also has plans to revitalize the Los Angeles River.

THE CANADIAN PRESS

Don't stunt kids' financial growth

ADVICE

What you do, not what you say, has way more impact

Gail Vaz-Oxlade
For Metro Canada



Financial literacy — particularly the idea that it should be taught in school — is gaining traction.

I look at parents trying to shove their responsibility onto the school system and it makes me want to throw up in my mouth. Seriously. You don't think that what you do with your money is going to have more of an impact than what some teacher talks about in a class?

If you tell your kids to save but you don't save, the mixed message is confusing for children. If you tell your children not to impulse shop, but you never walk into a store with a list that they can see, how do they know you're not impulse shopping? What you do has

way more long-term impact on your kids than what you say. So you've got to be walking the talk.

If your money is a mess, look at your babies and decide that today is the day you clean up your confusion so that you can start being for your children what you want them to be for themselves.

Being smart about money is more about discipline than it is about book-learnin'. Sure, there are some sophisticated concepts in money management, but the basics are plain old common sense.

Practise what you're preaching. If you're always struggling to get things to come out even, you'll make money management look hard. Put a system in place and be disciplined about what you do with your money and you'll make money management look like a skill.

If you don't talk about money in your family, you're sending a message. Maybe you're saying, "I'm embarrassed about what I don't know." Maybe you're saying, "I feel stupid about money, so I'd rather not mention it." Or maybe you're saying, "Money

isn't important enough to talk about."

Your children are hearing you loud and clear.

People who are uncomfortable talking about money want to unload the yucky job on someone else: teachers should do this; schools should have a curriculum; the bank should teach you what you need to know.



If you tell your kids to save but you don't save, the mixed message is confusing for children.

Wake up! The bank is in business to make money. Schools have enough to work into the curriculum without picking up your slack. And as for teachers ... they're just people. Have you seen how many teachers I've had on my TV shows?

The only way to teach children about money is to give



Prakash Amarasooriya, a 24-year-old member of the Toronto Youth Cabinet, last year led the charge for financial literacy in schools. His efforts paid off — earlier this month the Ontario Ministry of Education said it will roll out a pilot program on financial skills for high school students. CONTRIBUTED

them some to work with. And you're the only person who can give your children money. You're also the best person to see the opportunities to teach money lessons from when your tots are wee to when your teenagers hit the tall and know-it-all stage.

If you have some preconceived notions about teaching kids about money, those notions will influence how you communicate. If those notions are getting in the way of teaching good lessons, it's time to flush away your prejudices and open up your mind to all

the opportunities to do things differently.

Not talking about your money is one of those things you have got to get over!

For more money advice, visit Gail's website at gailvazoxlade.com

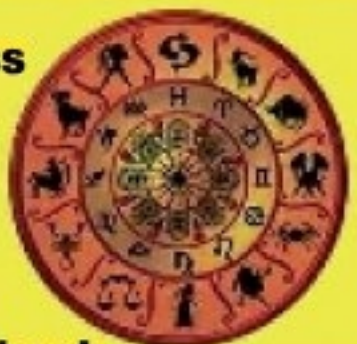
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PROPERTY INVESTMENT

Mortgage shopping? Think about terms

You shopped around for the best deal on your mortgage and weighed the pros and cons of going with a fixed-rate or a variable-rate loan, but another key factor to consider is the term.

A majority of borrowers opt for a five-year mortgage — about 54 per cent according to Mortgage Professionals Canada — but experts say homebuyers need to consider how long they want to commit to when it comes to their loan.

James Laird, co-founder of interest rate-comparison website RateHub, says when people are buying a house and signing a mortgage it can feel like nothing is going to change for the next 10 or 20 years, so signing for a five-year term may seem like it's no big deal.

"But life is a bit different than that," Laird said, as relationships and jobs can change.

"Sometimes it is new relationships forming where someone buys a condo, gets a five-year fixed-rate, but then they meet someone and get married. . . That usually dictates a change in the residency that they have and the mortgage is broken."

"That can really set you back," he added, noting that penalties for breaking a fixed-rate loan will be more severe

54%

A majority of Canadian borrowers opt for a five-year mortgage — about 54 per cent according to Mortgage Professionals Canada — but experts say homebuyers need to consider how long they want to commit to when it comes to their loan.

than those for terminating a variable-rate.

While mortgages in Canada generally have terms of one to 10 years before the remaining balance needs to be renewed, refinanced or paid in full, Laird said the average Canadian will only have their mortgage for 3.8 years.

For those nervous that interest rates are going to be significantly higher in five years, it might make sense to take a longer term — but that means

making a prediction on where rates are headed in the future.

Choosing a longer term mortgage can help protect you if interest rates rise, Laird says, but the reverse can also prove to be true.

For instance, when the rate charged for a 10-year term dropped below 4 per cent in 2012, some borrowers leapt at the chance to lock in at what was seen at the time as a great rate for a decade.

However, Laird says rates

continued to fall and what seemed like a deal at the time, no longer looked so appealing.

Frank Napolitano, managing partner at Mortgage Brokers Ottawa, says the rate difference between a five-year and a 10-year mortgage has been around 1.5 to two percentage points.

"That's a big jump in rate, especially in that initial five-year period, to have to pay just to get that rate for the following five years," he said.

Mortgage rates today are sitting near historic lows and while it's unlikely they will return to the high teens of the 1980s, a move higher five years from now is not out of the question.

Canadian mortgage lenders raise the money they need on the bond markets and bond yields have risen since the U.S. election last year, pushing up the cost of fixed-rate mortgages.

"Ultimately, choosing the right mortgage type and term length is a matter of personal preference and what option best suits customers and their personal needs," says Marc Kulak, associate vice-president of real estate secured lending at TD Canada Trust.

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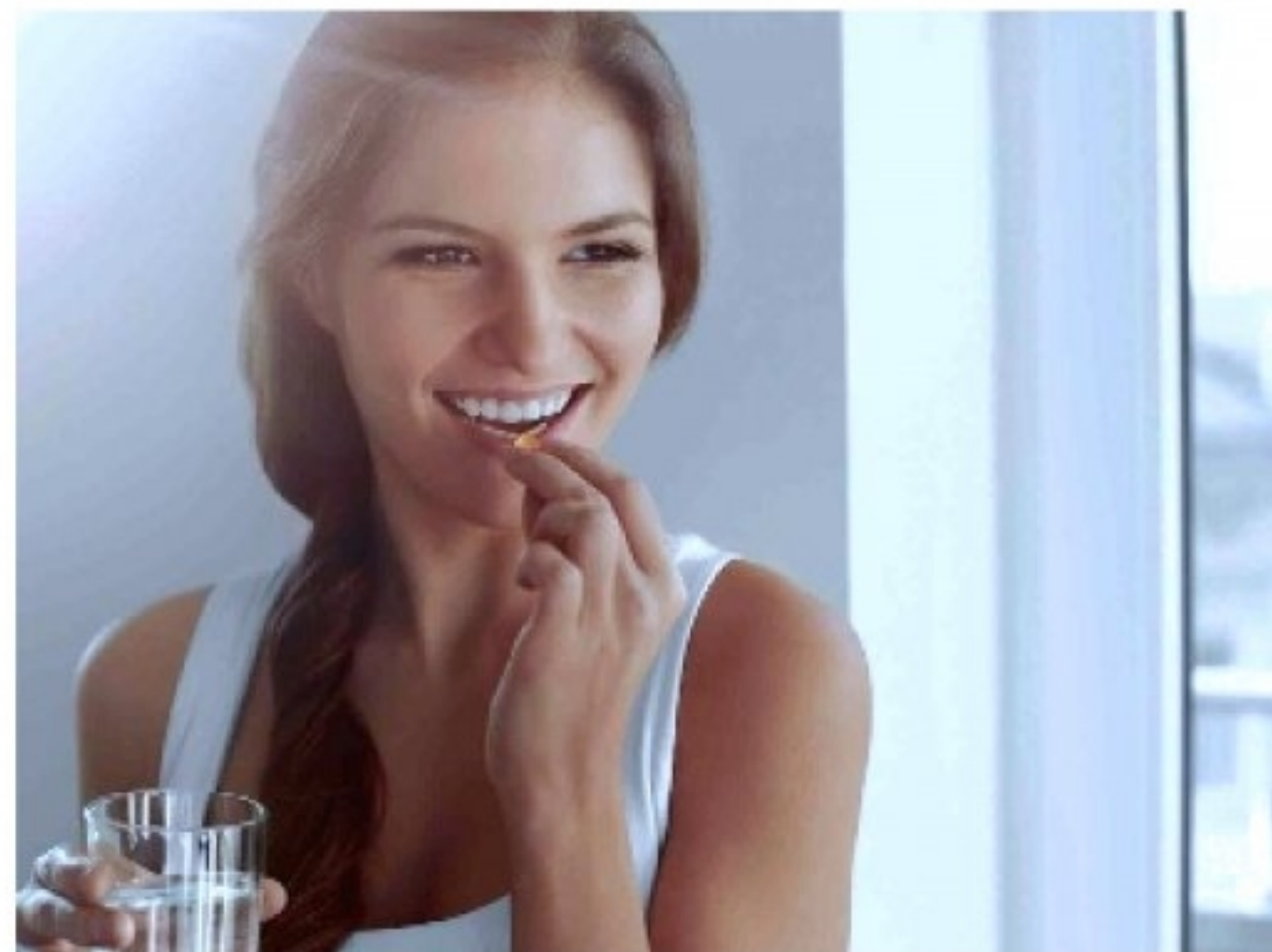
— Azim Velji

has other benefits including the development of strong bones and teeth, it supports the nervous system during times of stress and supports cardiovascular health.

Velji also promotes B12 Methylcobalamin in 1000 mcg form to boost energy as it supports the nervous system, helps memory and learning and enhances immune system function.

"This product effectively supports brain and nerve function and it may help in the treatment of sleep-wake disorders while also improving daytime alertness in shift-workers and the elderly," Velji says.

Another product, the extra-strength RxOmega-3, is a concentrated source of omega-3 fatty acids that supports cognitive health and



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brain function while reducing inflammation.

And lastly, Velji says you can't go wrong with time released Vitamin C.

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BONUS SIZE!

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Whistler's Marielle Thompson clinched the World Cup ski cross crown Saturday at Russia's Sunny Valley resort with her sixth win of the season



Oil fall prey to Preds

NHL

Edmonton has lost three of last four games

It took over seven minutes to confirm Viktor Arvidsson's go-ahead goal for the Nashville Predators. Even after all the replays, Edmonton coach Todd McLellan isn't convinced.

Filip Forsberg scored for the fourth straight game, Arvidsson got the game-winner and the Predators beat the Oilers 5-4 on Sunday night.

On the winner, James Neal had the puck in the low slot and slipped a blind backhand pass to Arvidsson on the left side. Arvidsson tapped in his 21st of the season 1:19 into the third on a power play.

Edmonton challenged the play, thinking Arvidsson was offside, but a lengthy review upheld the goal.

Arvidsson had jumped as the puck crossed the Oilers blue line on entry, and McLellan was not pleased with the ruling.

"We're going to have to get a review on what is or isn't offside," he said. "Feet in the air obviously come into play, but the rule book clearly says that the two feet have to be in contact with the ice sur-



Oilers centre Connor McDavid and Predators defenceman Ryan Ellis battle for the puck on Sunday. MARK ZALESKI/THE ASSOCIATED PRESS

SUNDAY In Nashville

5	4
PREDS	OILERS

face as the puck is entering the line. Referees have a tough job and regardless of that, we gave up three power-play goals, you

don't win like that."

Neal had three assists, and Ryan Ellis, Vernon Fiddler and Colin Wilson also scored for Nashville, winner of three straight.

Three of Nashville's goals came on the power play with Neal assisting on two of them.

"Power plays can win you games and it's something we put a lot of emphasis on," Neal said. "It's good to see it came

through."

Connor McDavid, Milan Lucic, Mark Letestu and Jordan Eberle scored for Edmonton, which has lost three of four.

Pekka Rinne made 28 saves for Nashville, extending his winning streak against the Oilers to nine games.

Cam Talbot allowed five goals on 28 shots for Edmonton.

THE ASSOCIATED PRESS

Kings add Bishop to complement Quick



Ben Bishop made 31 saves in the Lightning's 2-1 win in Los Angeles on Jan. 16. HARRY HOW/GETTY IMAGES

The Los Angeles Kings have acquired goaltender Ben Bishop in a trade with the Tampa Bay Lightning.

Los Angeles sent Peter Budaj, defensive prospect Erik Cernak, a 2017 seventh-round pick and a conditional pick to Tampa Bay for Bishop and a 2017 fifth-round pick.

Lightning general manager Steve Yzerman announced the trade Sunday night, less than four days before the trade dead-

line.

Bishop, a pending unrestricted free agent, helped the Lightning reach the 2015 Stanley Cup Final. The Kings now have Bishop and 2012 and 2014 Cup winner Jonathan Quick, who returned Saturday from a long-term lower-body injury that had sidelined him since October.

The six-foot-seven Bishop, 30, is 16-12-3 with a 2.55 goals-against average and .911 save percentage. THE ASSOCIATED PRESS

TOURNAMENT OF HEARTS

Homan completes Scotties hat trick

Ontario's Rachel Homan refused to lose a third time to one team at the Canadian women's curling championship.

Homan reclaimed the Canadian title with an 8-6 win in an extra end over Manitoba's Michelle Englot on Sunday.

"That's an unbelievable win by my team," Homan said. "That's the hardest win we've ever fought for I think."

At 27, Homan is the youngest skip, male or female, to win three Canadian championships.

Homan, third Emma Miskew and lead Lisa Weagle out of the Ottawa Curling Club won the Scotties Tournament of Hearts in 2013 and 2014. It was the first Hearts win for second Joanne Courtney.

They'll represent Canada at the women's world championship March 18-26 in Beijing. Homan has yet to win a world title.

Ontario had lost to Manitoba in both Friday's Page playoff game between the top two seeds and also to conclude



Rachel Homan
THE CANADIAN PRESS

their preliminary rounds Thursday.

Homan gained a rematch via a semifinal win Saturday over Northern Ontario's Krista McCarville.

Up 6-4 coming home without hammer, a mistake by Miskew peeling a guard in the 10th had Manitoba setting up for three points and the win.

Homan played defence with a double takeout on her last shot, so Englot drew for two to send it into an 11th end.

Ontario laying two at the top of the eight-foot rings, Englot drew to the back of the four-foot rings with a centre guard for partial protection. Homan raised her own counter to clear it for the win.

Calgary's Chelsea Carey, the 2016 winner, beat McCarville 7-4 for the bronze medal.

THE CANADIAN PRESS

IN BRIEF

DeRozan, Ibaka carry Raptors to victory

Two games since they rejigged their roster, the Toronto Raptors are marching back up the Eastern Conference standings — despite the absence of all-star guard Kyle Lowry.

DeMar DeRozan scored 33 points, and newcomer Serge Ibaka had 18 points and 10 rebounds as the Raptors beat the Portland Trail Blazers 112-106 for their third straight victory.

Toronto entered the night in fourth in the Eastern Conference.

THE ASSOCIATED PRESS

Injury forces Raonic to withdraw from final

Top-seeded Milos Raonic withdrew from the Delray Beach Open final Sunday after injuring his hamstring a day earlier, giving the title to Jack Sock.

Raonic slightly tore his right hamstring Saturday night, feeling a sharp pain while chasing down a drop shot in his semifinal victory over Juan Martin del Potro.

Sock, who won his second title of the year, improved to 11-1 this season with his only loss to Jo-Wilfried Tsonga in the third round of the Australian Open. THE ASSOCIATED PRESS

YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

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1	6	5	7	3	2	4	8	9
8	7	4	9	5	1	3	6	2
2	9	3	6	4	8	7	1	5
6	1	2	3	9	4	5	7	8
3	8	7	2	6	5	1	9	4
5	4	9	1	8	7	2	3	6
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4	5	1	8	7	9	6	2	3
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Zlats the way United like it

LEAGUE CUP

Swede veteran nets twice to defeat Saints in Wembley final

Six months into their first seasons at Manchester United, Jose Mourinho and Zlatan Ibrahimovic have collected their first winners' medals.

Just how long this partnership of serial winners endures at United remains uncertain.

There's little doubt Mourinho wants Ibrahimovic to commit to staying at United into next season, especially after the 35-year-old striker's double clinched the League Cup with a 3-2 win over Southampton on Sunday. But Mourinho hopes the supporters will take direct action to convince the Swede to sign the contract extension the club has offered.

"I never beg for a player to sign a contract," said Mourinho, who previously coached Ibrahimovic at Inter Milan. "So I don't beg for players but if needed I think maybe United fans can go to the

PREM. LEAGUE

In the day's only Premier League game, Harry Kane scored a first-half hat trick before setting up Dele Alli's strike as Tottenham beat Stoke 4-0 to move into second in the standings, 10 points behind Chelsea.

Tottenham's eighth successive league win at White Hart Lane equals the club record set in 2009.

THE ASSOCIATED PRESS

door of his house and stay there. I think they will go for sure."

Especially after seeing the veteran take his United tally to 26 goals while younger captain Wayne Rooney was relegated to a non-playing role on the bench at Wembley Stadium, Rooney reaffirmed his future to United last week, rather than moving to China before its deadline-day on Tuesday, but it is a commitment from Ibrahimovic that the club is keener to hear. "We believe that he is going to stay with us one more season," Mourinho said.



Zlatan Ibrahimovic heads in the winning goal against Southampton in the League Cup final on Sunday at Wembley Stadium in London. MICHAEL STEELE/GETTY IMAGES

Ibrahimovic's first goal in the first final of the season came in the 18th minute, direct from a free kick. Jesse Lingard doubled United's advantage in the 38th minute to add to his Wembley goals in the FA Cup final and Community Shield in 2016.

But United threw away its advantage as Manolo Gabbiadini

scored either side of halftime to draw Southampton level in its pursuit of a first major trophy since beating United in the 1976 FA Cup final. The game was heading into extra time but Ibrahimovic had other ideas, meeting Ander Herrera's cross with a bullet header in the 87th minute. But it is United now

on course for a treble, still in contention for the FA Cup and Europa League.

The bigger target, though, is returning to the Champions League through winning the Europa League or by finishing in the Premier League's top four. United currently sit in sixth.

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IN BRIEF

Fowler takes Honda Classic

Rickie Fowler made it interesting Sunday for as long as it took him to make two big putts to pull away in the Honda Classic.

Staked to a four-shot lead, Fowler hit one putt into a sprinkler hole, hit a tee shot into the water and watched a big lead shrink to one over Gary Woodland early on the back nine. Fowler answered with consecutive birdie putts of 40 and 25 feet and closed with a 1-over 71 for a four-shot win. THE ASSOCIATED PRESS

Guay wins super-G bronze

Canadian Erik Guay captured a bronze medal in a men's World Cup super-G on Sunday.

The Mont-Tremblant, Que., veteran led at every interval of his final run until the last one, crossing the finish line 0.23 seconds behind winner Peter Fill of Italy. Guay's third super-G World Cup podium moved him into eighth place in the overall standings.

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NASCAR

Busch navigates his way through carnage to win Daytona

Kurt Busch had a monster start to the season with a last-lap pass to win the crash-filled Daytona 500.

Busch is sponsored by Monster Energy, which kicked off its first season as the title sponsor for NASCAR's top series Sunday with the season-opener. It wasn't NASCAR's finest moment, though, as multiple accidents

pared down the field and had a mismatched group of drivers racing for the win at the end.

"The more that becomes unpredictable about Daytona, the more it becomes predictable to predict unpredictability," Busch said. "This car's completely thrashed. There's not a straight panel on it. The strategy today,

who knew what to pit when, what segments were what. Everybody's wrecking as soon as we're done with the second segment.

"The more that I've run this race, the more that I just throw caution to the wind, let it rip and just elbows out. That's what we did."

It appeared to be pole-sitter



Kurt Busch
GETTY IMAGES

Chase Elliott's race to lose, then he ran out of gas. So did Kyle Larson, Martin Truex Jr. and Paul Menard. As they

all slipped off the pace, Busch sailed through for his first career Daytona 500 victory.

It also was the first Daytona 500 win for Stewart-Haas Racing, which is co-owned by Tony Stewart. The three-time champion retired at the end of last season and watched his four cars race from the pits.

"I ran this damn race (17) years and couldn't win it, so finally won it as an owner," Stewart said.

Ryan Blaney finished second in a Ford. AJ Allmendinger was third in a Chevrolet, and Aric Almirola was fourth for Richard Petty Motorsports.

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PHOTO: MAMA VISHNEI

Ceri Marsh & Laura Keogh
For Metro Canada

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Prep time: 10 minutes
Cook time: 30 minutes
Serves 4

Ingredients

- 1 sweet potato, cut into 1/2-inch pieces
- 2 cups Brussels sprouts, quartered
- 1 Tbsp olive oil plus two tsp
- 1 head cauliflower
- 1 Tbsp salt, plus 2 tsp
- 1/2 tsp cumin
- 1/4 cup crumbled feta
- 1 pat of butter
- 4 eggs

Directions

1. Preheat oven to 400. In a bowl, toss sweet potato and Brussels sprout pieces with 2 tsp olive oil and 1/2 tsp salt. Spread vegetables out on rimmed baking

sheet and roast, stirring once or twice, until deep golden brown, crisp outside and tender inside, 20 to 25 minutes.

2. Cut cauliflower in quarters and carve out inner core. Cut quarters into florets and transfer the food processor, pulsing into cous-cous-sized granules. Put in a bowl.

3. Heat a large skillet over medium heat then add 1 Tbsp oil. Add cauliflower cous-cous and sprinkle with remaining salt. Add cumin and stir. Cook until tender, about 5 minutes. Take off heat and set aside. Gather 2 cups of cous-cous.

4. In another large frying pan over medium heat, add a pat of butter and four eggs. Cook a few minutes and cover 1 to 2 minutes. Remove eggs once the whites are set and the yolks are cooked to your preference.

5. Stir together the cous-cous, sweet potato mix and feta or divide veggies amongst four bowls and sprinkle with feta. Top each bowl with a fried egg and serve.

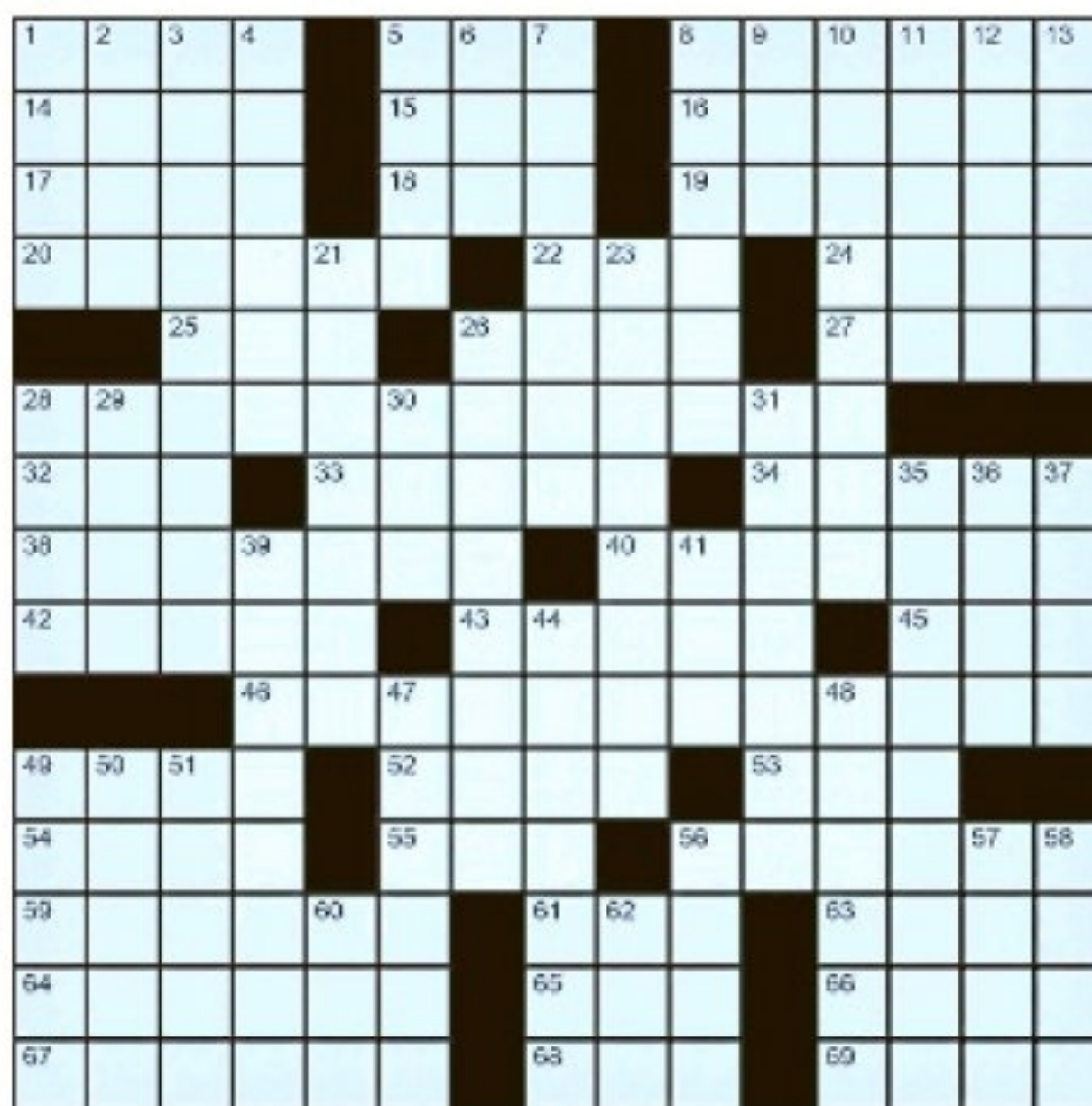
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BY KELLY ANN BUCHANAN

ACROSS

- 17th-century Dutch painter, Nicolaes
- Ordinal suffixes
- Actress Alyssa
- "In the Valley of" (2007)
- At the age of, in Latin [abbr.]
- "The Jeffersons" star Ms. Sanford
- Spanish double affirmative
- Jongg
- Sings in The Alps
- "I tell you this, but..."
- Greek alphabet letter
- Ivy League school
- Mr. Gulager of "The Virginian"
- Blood type: letter + abbr.
- Welsh opera singer Mr. Terfel
- Beaty Museum (University of British Columbia's natural history attraction)
- Anecdotal collection
- "There's no room for" (I guess we'll be standing)
- Ink: French
- Like still-in-the-glass milk
- Golden-crowned (Tiny songbird)
- "I share that sentiment": 2 wds.
- Construct
- Pickering's prov.
- As per #28-Across...
- Marine Collection (No backbone is required to view these specimens!)



- Place the painting
- "Count a blessing"
- Informally fine
- the air
- Amer. ID
- 2002 Atom Egoyan film
- "My friend," in Montreal: 2 mots

- Carole King's "Too Late"
- Pharmacy quantity
- Daily (Clark Kent's newspaper)
- Tail-meaning prefix
- Hawkeye State
- Some gar-

- den plants
- Madonna's "Girl"
- 911-calling reason, briefly

- location: 2 wds.
- Canadian (Region of rocks)
- shanter
- "Isn't bit..." - The Beatles, "Nowhere Man"
- Montreal-set Oscar Peterson tune: "Place..."

- "The Karate Kid" (1984) character
- Prefix to 'thermal'
- NHL sportsmanship award, Memorial Trophy
- "Fuzzy Wuzzy was..."
- "Hot in Herre" rap star
- Merlin (Football player turned actor)
- University fee
- At-home diagnostic purchases: 2 wds.
- Wiseest/safest choices: 2 wds.
- Author, L. Frank (b.1856 - d.1919)
- Ye olde rest stop
- Book serial abbr.
- Serve Cliff and Norm: 2 wds.
- Jacket-checking spot
- Monthly payment
- 'Kitchen' add-on
- Moving/heartfelt
- Tact suffix
- Nuclear+weapon element
- Sojourns
- Band's helper
- Skeptic's sound
- Olympian, Anton Ohno
- Songstress Ms. Simone's
- Biblical stringed instrument
- "...forgive those who trespass..."
- Split
- "Oh, give home..."
- Drummer Mr. Cool

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Be careful not to overestimate your abilities to do something today, because it's easy to do. Your ruler Mars is in your sign, getting zapped by Jupiter. "I am King!"

Taurus April 21 - May 21
You might try to take on more than you can handle by pulling strings behind the scenes today. Be careful. No one is bulletproof.

Gemini May 22 - June 21
You will be aggressive when dealing with friends and groups today. This is why you are inclined to take over and run the show. This might be a good thing, but it might not be.

Cancer June 22 - July 23
You're going to give it everything you've got today, because your ambition is aroused. You believe in yourself, and you want others to believe in you as well. (They probably will.)

Leo July 24 - Aug. 23
Avoid coming on too strong with political arguments or discussions about religion and race. Lighten up — you don't need to go on a rant.

Virgo Aug. 24 - Sept. 23
If you have to divide an inheritance or shared property or something like this, be prudent today. Your impulse is to go overboard. Don't bet the farm. Protect everyone's best interests.

Libra Sept. 24 - Oct. 23
You might attract someone today who is overbearing and bossy. You might want to avoid this person, if possible. (Forewarned is forearmed.)

Scorpio Oct. 24 - Nov. 22
You're willing to work hard today because you are enthusiastic about something. This is why you have the energy to go all the way and encourage others to follow you.

Sagittarius Nov. 23 - Dec. 21
Those of you involved in sports will be energetic and over-the-top today because you won't stop until you win. You like to work hard/party hard; nevertheless, be cool today.

Capricorn Dec. 22 - Jan. 20
Don't tackle more than you can handle by taking on renovations and big projects at home. Learn to crawl before you walk. Learn to walk before you run.

Aquarius Jan. 21 - Feb. 19
You are so enthusiastic today, your sales abilities are amazing. However, if you come on too strong, then people will not trust you. Caution.

Pisces Feb. 20 - March 20
You have big moneymaking ideas today, and they just might fly. However, be smart and keep your feet on the ground even though your head is in the clouds.

CONCEPTIS SUDOKU by Dave Green

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